



# North East Houston Aquatics

## NEHA February Training Schedule and Fees

### **"THE POWER BEHIND YOUR POTENTIAL"**

Happy Valentine's Day! We Luv Ya!

The following practice times are subject to change. Practice locations are dependant upon water temperature and weather. **Schedules will vary depending upon school, meet, holiday and summer schedules. Go to [www.nehaonline.net](http://www.nehaonline.net) for current month's schedule.**

**Swim Shops of the Southwest at KAC on Tuesday, February 2 from 4:15 to 6:30 PM.  
XOXO 10 and Under Swim Meet Saturday, February 13<sup>th</sup>.**

	<u>Training</u>		<u>BASE Training Days</u>
<u>Developmental:</u>	T/TH	4:30 - 5:30 PM	Deck Drills (First 10 minutes on deck every practice.)
<u>Intermediate:</u>	M/W/F	4:30 - 5:30 PM	Deck Drills (First 10 minutes on deck every practice.)
			<u>Studio B</u>
<u>White:</u>	M - F	5:00 - 6:30 PM	
	Saturday	8:30 - 10:00 AM	Deck Drills (First 15 minutes on deck every practice.)
<u>*Black:</u>	M - F	5:30 - 7:00 PM	
	Saturday	8:30 - 10:30 AM	Tuesday and Friday 4:45 - 5:30 PM
<u>*Gold: 14 and Under</u>			
	M - F	5:30 - 7:15 PM	
	Saturday	8:30 - 10:30 AM	Tuesday and Friday 4:45 - 5:30 PM
<u>*Gold 15+ and Senior:</u>			
	M - F	4:00 - 6:00 PM	
	Saturday	8:30 - 10:30 AM	Dry land training with coaches.
<u>Masters:</u>	M/W/F	5:15 - 6:30 AM	

\* Any swimmer in Black, Gold or Senior may also swim M/W/F from 5:15-6:30 AM with the Masters Program.

**What is BASE Training?** NEHA is excited to provide this training for the White, Black and Gold groups. It is a progressive series of **B**alance, **A**gility and **S**trength Exercises designed to challenge and train each participant's core strength, overall muscular strength, speed and agility of movement, balance and kinesthetic awareness. Studies show that the use of these exercises can improve competitive performance as well as daily functional performance. The use of bodily resistance is our primary focus with the younger swimmers while advancing to weighted and rubberized resistance in addition to the bodily resistance with the older swimmers. Developmental and Intermediate participants will work on deck drills to prepare them for BASE Training in the future.

NEHA registration forms available at [www.nehaonline.net](http://www.nehaonline.net).

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