

BAC SNAPPER TEAM GOALS FOR 2011 - 2012 SEASON

The Snapper Team Goal for the week of Monday	9/12/2011	is to streamline off of each and every wall
The Snapper Team Goal for the week of Monday	9/19/2011	is to breathe every three strokes on freestyle
The Snapper Team Goal for the week of Monday	9/26/2011	is to count your strokes on backstroke from the flags to the wall
The Snapper Team Goal for the week of Monday	10/3/2011	is to glide on breaststroke
The Snapper Team Goal for the week of Monday	10/10/2011	is to breathe every two strokes on butterfly
The Snapper Team Goal for the week of Monday	10/17/2011	is to have one hand up and one hand under on breast and fly turns
The Snapper Team Goal for the week of Monday	10/24/2011	is to have feet out on spin turns
The Snapper Team Goal for the week of Monday	10/31/2011	is to get into turns faster
The Snapper Team Goal for the week of Monday	11/7/2011	is to have high elbows on freestyle
The Snapper Team Goal for the week of Monday	11/14/2011	is to snap heels together on breaststroke
The Snapper Team Goal for the week of Monday	11/21/2011	is to recover with loose arms on butterfly
The Snapper Team Goal for the week of Monday	11/28/2011	is to swim backstroke with the little finger entering the water first
The Snapper Team Goal for the week of Monday	12/5/2011	is to finish hard
The Snapper Team Goal for the week of Monday	12/12/2011	is to roll hips on backstroke and freestyle
The Snapper Team Goal for the week of Monday	12/19/2011	is to take five dolphin kicks underwater on backstroke
The Snapper Team Goal for the week of Monday	12/26/2011	is to have your weight forward on starts
The Snapper Team Goal for the week of Monday	1/2/2012	is to get face down in water before hands enter when breathing on butterfly
The Snapper Team Goal for the week of Monday	1/9/2012	is to kick fast on freestyle
The Snapper Team Goal for the week of Monday	1/16/2012	is to squeeze arms and legs on breaststroke
The Snapper Team Goal for the week of Monday	1/23/2012	is to have your arms rub your ears on backstroke
The Snapper Team Goal for the week of Monday	1/30/2012	is to keep your neck stiff on breaststroke
The Snapper Team Goal for the week of Monday	2/6/2012	is to streamline to flags and then pull with one arm on backstroke
The Snapper Team Goal for the week of Monday	2/13/2012	is to hold your breath for three strokes off of the wall on freestyle and butterfly
The Snapper Team Goal for the week of Monday	2/20/2012	is to keep head still
The Snapper Team Goal for the week of Monday	2/27/2012	is to take short fast underwater kicks on freestyle, backstroke and butterfly
The Snapper Team Goal for the week of Monday	3/5/2012	is to streamline on all starts
The Snapper Team Goal for the week of Monday	3/12/2012	is to reach for the wall on every turn and finish

SPRING BREAK	3/19/2012	SPRING BREAK
SPRING BREAK	3/26/2012	SPRING BREAK

The Snapper Team Goal for the week of Monday	4/2/2012	is to slide hands in with no bubbles on freestyle
The Snapper Team Goal for the week of Monday	4/9/2012	is to touch the black/blue line underwater on turns and finishes
The Snapper Team Goal for the week of Monday	4/16/2012	is to kick with big legs on freestyle
The Snapper Team Goal for the week of Monday	4/23/2012	is to stay low on breaststroke and butterfly turns
The Snapper Team Goal for the week of Monday	4/30/2012	is to count your strokes on each lap
The Snapper Team Goal for the week of Monday	5/7/2012	is to hold your breath on the finish from the flags to the wall on freestyle and butterfly
The Snapper Team Goal for the week of Monday	5/14/2012	is to have long smooth pull outs on breaststroke
The Snapper Team Goal for the week of Monday	5/21/2012	is to pull arms in a 'key hole' shape on butterfly
The Snapper Team Goal for the week of Monday	5/28/2012	is to blow bubbles under water
The Snapper Team Goal for the week of Monday	6/4/2012	is to finish 10 yards without a breath on freestyle
The Snapper Team Goal for the week of Monday	6/11/2012	is to accelerate hands on stroke cycle
The Snapper Team Goal for the week of Monday	6/18/2012	is to roll and reach for wall on freestyle finishes
The Snapper Team Goal for the week of Monday	6/25/2012	is to get knees up on fly and breaststroke turns
The Snapper Team Goal for the week of Monday	7/2/2012	is to drive harder with legs off of all turns
The Snapper Team Goal for the week of Monday	7/9/2012	is to press 'down - up - down' on backstroke
The Snapper Team Goal for the week of Monday	7/16/2012	is to streamline on all starts
The Snapper Team Goal for the week of Monday	7/23/2012	is to reach for the wall on every turn and finish