



CUDA CURE

This season the BAC Senior Team will be contributing portions of their practices to improving specific technique flaws. This portion of the practice will be known as the “Cuda Cure”.

It will involve approximately 15 minutes at the end of a practice that will be dedicated to improving one very specific technique flaw. This technique flaw will be chosen by the swimmer, once it has been chosen then your coach will develop 3-4 ways to “Cuda Cure” this flaw. Each swimmer will be given the “Cuda Cures” on an index card, which the swimmer will bring to every practice. Once it is announced at a practice that it is “Cuda Cure” time, the swimmers will then spend 15 minutes using their “Cuda Cures” to correct their flaw.

If a swimmer has corrected a flaw before seasons’ end, then and only then, will that swimmer be allowed to work on another flaw. The coaching staff will determine when a swimmer can move onto another flaw.

Below, please begin by giving the coaching staff one flaw that you want to correct during the “Cuda Cure” time. Be specific as you can about what your flaw is and how it will help your swimming if you corrected it.

NAME: _____

“Cuda Cure” Flaw: _____

How will this help your swimming: _____
