

| Smith College Squash Team 2007-08 Annual Plan | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---------------------|---------------------|------------------|---|---------------|------------------------|--------------|------|-----|---------------------|--------------|--------|-----|------------|-----------|-------|--------|------------------|------|--------|--------|-----------|-----|-----|----|--|
| Coach name: | | Tim Bacon | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Month | Sep-07 | | | | Oct-07 | | | | Nov-07 | | | | Dec-07 | | | | Jan-08 | | | | Feb-08 | | | | |
| 2 | Week Beginning | 17 | 24 | 1 | 8 | 15 | 22 | 29 | 5 | 12 | 19 | 26 | 3 | 10 | 17 | 24 | 31 | 6 | 14 | 21 | 28 | 4 | 11 | 18 | 25 | |
| 3 | Tournament No. | | | | | | | 1 | 2 | 3 | | 4 | 5 | | | | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | | |
| 4 | Tournament | | | | | | | NE | WES | WOM | | WES | AMH | | | | WILL | | WEL | SMI | 7S | MHC | COL | HOW | | |
| 5 | Importance (1-3) | | | | | | | 3 | 3 | 3 | | 3 | 3 | | | | 3 | | 3 | 2 | 2 | 3 | 2 | 1 | | |
| 6 | Phase | General Preparation | | | | Specific Preparation | | | | Precompetitive----- | | | | Transition | | | | Competitive----- | | | | Trans | | | | |
| 7 | Macro-cycle | 1-General Prep. T | | | | 2-Specific Preparation | | | | 3-Precompetition | | | | 4-General | | | | 5-Camp PC | | 6-Comp | | 7-Peaking | | | | |
| 8 | Micro-cycle | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| 9 | Training Load | L | L | L | OFF | L-M | M | M | M | M | OFF | OFF | H | H | L | L | H | H | H | M | H | H | M | H | L | |
| 10 | Academic Schedule | | | | Rec | | | | | | | Thanks | | | | Exams | Rec | Interterm | | | | | | | | |
| 11 | Academic Stress | | Low | | | Medium | | High | | Low | | High | | | Very High | | None | | High | | Medium | | | | | |
| 12 | Overall Stress/Load | | Low | | | Medium-high | | | | High | | | | | Medium | | Medium | High | | | High | | | | | |
| 13 | Physical | Injury Prevention | | | | Injury prevention | | | | Maintain | | | | Maintain | | | | | | | | | | | | |
| 14 | | | | | | Strength Endurance | | | | Maintain | | | | Maintain | | | | | | | | | | | | |
| 15 | | | | | | | | | | Speed-Strength | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | | Aerobic 20 min. | | | | Aerobic 30 min. | | | | Maintain | | | | Maintain | | | | | | | | | | | | |
| 18 | CH | | | | | | | | | Aerobic intervals | | | | | | | | | | | | | | | | |
| 19 | | --- | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | | ING | Tactical | | | | Strategy | | | | | | | | | | | | | | | | | | | |
| 21 | | | | | Basic Tactics | | | | | | | | | | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 | PR | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | | ORM | Technical | | | | Grip & Wrist | | | | Grip & Wrist | | | | | | | | | | | | | | | |
| 28 | | | | | | | | | | | Basic Shots | | | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 33 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34 | ECT | Mental | | | | Off-court Skills | | | | | | | | Visualize | | | | | | | | | | | | |
| 35 | | | | | | On-court skills | | | | | | | | | | | | | | | | | | | | |
| 37 | | | | | | Focus Plans | | | | | | | | | | | | | | | | | | | | |
| 38 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 41 | ENT | | | | | Values | | | | | | | | | | | | | | | | | | | | |
| 42 | | | | | | Alcohol | | | | | | | | | | | | | | | | | | | | |
| 43 | | | | | | Nutrition | | | | | | | | | | | | | | | | | | | | |
| 44 | | | | | | Sleep | | | | | | | | | | | | | | | | | | | | |
| 45 | | | | | | | | | | | | | | | | | | | | | | | | | | |