

COLLEGE WEEK OF SWIMMING

Evaluation by Coach Jesse Moore for Evangelos Bouloukos

(August 18-25, 2024)

“Congratulations on a great week of training! I'm so impressed with your work ethic and your attention to instruction and detail. One of the things I really implore is developing your awareness in the water and you did a great job making that connection.

You are a really good under water dolphin kicker – keep developing your leg endurance (increase your kicking volume, especially freestyle kick on your stomach in the beginning of your seasons) and continue to work on your under waters – they are a weapon for you! This will help you develop your 50/100 times in freestyle and butterfly, which makes you even more marketable to colleges.

I'm so glad I got to coach you – thank you for coming to College Week!”

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