

# SENIOR HIGH PERFORMANCE

*Lead Coach: Alexis Keto*

*Assisted By: all of the other coaches :)*

## GROUP DESCRIPTION

Senior High Performance is the top group of the Senior Program. The emphasis of the group is achieving the highest level of performance possible. This is achieved by improving technique, endurance, strength (in weight room and pool), race strategy, and confidence. We will explore technique at a very intense level as well as varying race strategy and meet orders to maximize performance and overall swimming acumen. These are leaders of the entire program and will be expected to demonstrate skills & attributes associated with team captains.

## COMPETITIONS

SHP Swimmers are required to swim in all appropriate sessions of all possible meets.

- If you are unable to attend a meet for any reason, please let me know ASAP as this can throw off your plan for the season - especially February/March.
- Swimmers are expected to swim Friday sessions of meets unless we have determined those events do not add to athlete development based on timing or other aspects
- Emphasis will be placed on swimming ALL events while focusing on developing primary events and stroke specialties. I will enter swimmers in appropriate events for each meet in consultation with the athlete and in conjunction with their goals
- Important meets include: North Shore Triple Crown (Gents), Chicagoland Championships (Ladies), Senior State, NCSAs.
- Please work with your teachers to facilitate a positive work environment and minimize school absences

## PRACTICE

***SHP swimmers are required to attend all workouts - swim, dryland and team meetings.***

- If a swimmer is unable to make a practice they are expected to contact their coach directly and make accommodations to make up the workout
- Swimmers are expected to arrive at least 5-10 minutes prior to practice. If they are running late, they are expected to contact their coach.
- Swimmers are expected to treat ALL coaches with respect.
- Swimmers are responsible for having ALL required equipment at ALL practices. Please write names on equipment and replace any equipment that is lost. This also includes fueling - waterbottles, gatorade, energy gu, chocolate milk, post workout snack

## GOAL MEETINGS

I will be holding goal meetings for swimmers starting in the next couple of weeks for the gentlemen. The ladies will receive the goal sheet, but will be setting up goal meetings during the first few weeks of December, but they can always meet earlier if they would like. Parents are welcome but not required and can also opt to set up separate meetings. College meetings can also be arranged are encouraged as early as Sophomore year of high school due to new NCAA regulations as official recruiting visits may occur starting during the junior year.

## SAFESPORT

Please view the SafeSport drop-tab on NTA's website for the most updated information regarding SafeSport basics, concerns, and courses for athletes, parents, and coaches. For more questions about SafeSport, please reach out to our Director of Personnel, Greg Hartman (ghartman@swimntsc.org).

## COMMUNICATION

At this level it is crucial that swimmers communicate with me as frequently as possible. This includes: if they are unable to make a practice, if they are unable to make a meet, if they are running late, if they have certain event requests, etc. With parent permission, swimmers can exchange phone numbers/email with me to make communication easier. Swimmers can also communicate with me before or after practice or set up a meeting time (if the discussion is going to be more than a few minutes).

See my contact information below. Please note that unless it is an emergency, I will not respond (or at least not quickly) to emails, texts, or phone calls when I am on deck (coaching), after practice, or on a non-meet weekend. Also note that the phone number I am giving you is my personal cell phone. I appreciate your understanding and respect of my personal time.

Alexis Keto

(303) 619-8587

[aketo@swimntsc.org](mailto:aketo@swimntsc.org)

## PARENT LIAISON

Our parent liaisons are Grainne Bailey & Cynthia Werts. They will be helping out with all social events for the Senior Groups. They can also answer many questions that you may have about how the team and group is run. Being a parent liaison is not the most glamorous job. Any help you can give her would be greatly appreciated. Look out for communication from them in the near future.

## FAQ

What do I do if I am playing another sport?

- Generally, in the SHP group, additional sports are discouraged until your Senior year, and only if your college plans have been set. Most athletes at the SHP level are working to college level swim participation. Activities such as orchestra, choir, art, dance - that occur during the school day - are encouraged, but recommended to be as an auxiliary program

How are relays decided?

- At in-season meets, relays will be determined by athletes who are available and willing to swim. Coaches may create relays to set up lead-off splits, equalize racing across the team or try a new line-up...among other reasons. In-season meets have more flexibility to schedule and if you are unable to participate there are no penalties for non-participation provided the athlete communicates with the coaching staff.
- At championship meets and travel trips, the fastest possible relay will be put up for optimal performance and highest scoring potential. While there are sometimes extenuating circumstances that may affect that interpretation of speed, especially at the National level and athlete availability and necessity to qualify relays under a standard.
- Athletes refusing to participate in relays at championship meets will have their membership with the program suspended until further notice. In a travel trip situation, athletes will be removed from the team environment for the remainder of the trip.
- ***In all situations, relays are determined by the coaching staff and at their discretion.***