

Dear KING parent,

Thank you for your interest and participation in KING Aquatic Club.

We hope the following information will be useful in creating a greater understanding of our organization and our goals. A comprehensive club handbook, which will contain the following text and more, will be available in the fall.

Now that KING Aquatic Club has distinguished itself as being one of the best teams in the country, the following age group structure is intended to continue our progression towards being the best program anywhere - and offer the best possible product to our customer (you!).

The regional, senior and senior national program expectations will follow the age group progression.

Please enjoy the time you have with us.

Sean Hutchison - Head Coach

Objectives and Goals – Developmental and Novice

The Introductory Programs, **Developmental and Novice**, have the following objectives:

To develop the skills needed to progress through the KING Age Group program:

- Swimmers will consistently improve their stroke technique
- Swimmers will grow up in the sport trying to be their best
- Swimmers will be a part of a team atmosphere
- Swimmers will make friends with their teammates
- Swimmers will ENJOY swimming!
- **SWIMMERS WILL WANT TO COME TO PRACTICE!**

As early as possible in an athlete's swimming career, it is important to understand that athletes will continue to improve with poor or average stroke technique while they are growing.

Once athletes stop growing, they often have trouble swimming faster if their technique is not exceptional.

Good practice attendance and attitude at an early stage in an athlete's swimming career can go a long way in ensuring long-term success.

Developmental

Workouts:

Workouts are offered three days a week. It is recommended to come to at least two for regular improvement.

Practice duration is one hour.

45 minutes of practice time will be spent in the water. 15 minutes will be dedicated to dry-land exercises.

There is no attendance requirement for this group, but athletes will improve more quickly, and *make more friends (which will make them want to come more)*, the more often they attend workout.

Quick fact: A study sponsored by USA Swimming found that swimmers are more likely to stay in the sport when they become good friends with other swimmers on the team.

Requirements to Enter Developmental Group

Swimmer must be able to complete the following:

- Swim 25 yards of freestyle
- Swim 25 yards of backstroke
- Able to jump into water

Goals of Developmental Group

Once a swimmer is promoted from the Developmental group into the Novice group, they should be able to successfully complete the following:

- Swim a 100 IM legally (regardless of time)
- Do a flip turn
- Kick 4x25 @ :45
- Push off and streamline to flags with dolphin kick
- Acquire basic understanding of the pace clock

Novice Group

Workouts:

Workouts are offered three days a week. Athletes may be invited by their coach to swim with the Age Group practice on Saturday morning if they can keep up and have perfect attendance for the week.

Practice duration is one hour and twenty minutes.

One hour of practice time will be spent in the water. Twenty minutes will be dedicated to dry-land exercises.

There is no attendance requirement for this group, but athletes will improve more quickly, and *make more friends (which will make them want to come more!)*, the more often they attend workout.

Requirements to Enter Novice Group

Swimmers must be able to complete the 'Goals of the Developmental Group' to move into the Novice group.

Goals of Novice Group

- Swim 3x200 IM legally
- Perform all turns and push-offs efficiently
- Perform track start and backstroke start effectively
- Achieve USA Swimming 10&Under 'A' time standards
- Athlete is motivated to listen to coaches and try to improve
- Courteous to other swimmers in pool
- Athletes know their attitude affects how they swim and how others around them swim
- Develop consistent practice attendance

Training Equipment for Developmental and Novice

For equipment and apparel, please contact Northwest Swim Shop (www.nwswimshop.com).

Required training equipment:

- Fins (soft rubber at appropriate shoe size)
- Water bottle (mixture of 50% juice/ 50% water)
- Running shoes
- Appropriate dry-land attire for any weather
- Swimsuit (no board shorts for boys)
- Goggles (two pair)
- KING cap (required for anyone with long hair)
- KING t-shirt (for wear during meets)

Optional training equipment:

- Mesh bag to hold equipment
- TYR paddles (smallest size) – required for Novice
- Warm hat for after workout
- TYR backpack
- Additional team attire for dry-land and meets

Swim Meets

Swim meets are usually held once a month.

At the beginning of the season, download the "Age Group Meet Schedule" from the "Meet Information" section of the website. Highlight any meets you **cannot** attend and return the form to your coach. Your coach will automatically sign your swimmer up for any meets your swimmer's practice group is attending. *If you do not notify the coach that you are unable to attend a meet before the meet entry date, you WILL BE CHARGED for the entered events - even if the swimmer does not swim.* We do not get refunds for missed events.

Most meets are either Challenge meets, which are open to any USA Swimming registered athlete, or Championship meets, in which athletes must meet time standards to be eligible.

Time standards are available on the PNS website.

Competition apparel

Required:

- Black TYR suit
- KING cap (silicon or latex)
- KING t-shirt
- Swimmers must wear KING caps for relays

Optional:

- KING TYR jacket and pants (or others sold as a KING promotion)
- TYR backpack
- Swimmers in Novice and Developmental groups *do not* need and should not purchase 'body suits'. Regular cut lycra suits are appropriate for competition (boys may wear lycra jammers).

Billing Questions

For billing questions, please email kingaquatic@aol.com.

Billing address:

KING Aquatic Club #187
2421 S. Union Ave. Ste. L1
Tacoma, WA 98405-1309

Workout Schedule

Check weekly updates on the KING website for workout schedules (www.kingaquatics.org).

Competition Schedule

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Communication with the Coach

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Newsletter 'updates' are posted once a week and can be found on the KING website.

If you would like to speak individually with your coach, contact them via email and ask for a meeting.

Please do not stop coaches when they are leaving and expect a conversation about your swimmer. Coaches have families and homes, just like you, and need to go home when they expect to go home.

Please do not speak with coaches during practice. **The coaches are instructed not to speak with parents while they are coaching.** This ensures that they are providing the best possible instruction for your swimmer.

Private Lessons

Private lessons will be available for the first time in fall of 2004!

Private lessons are set at both the swimmer's and coach's convenience. Due to pool time constraints, during the school year, most private lessons will be conducted on Saturday and Sunday on weekends where there are no meets.

Private lessons are a good way to accelerate the improvement of strokes by working one on one.

To sign up for a private lesson, contact the coach and inform them that you are interested in a private lesson. Before meeting with the coach to schedule the lesson, download the "private lesson credit card authorization form" from the "general club info" section of the website. Bring the form with you to the scheduling meeting. Give the completed form to the coach.

Private lessons will be conducted at Kent Pool and Mt. Rainier Pool. Directions to those facilities are on the KING website.

There are different kinds of private lessons:

1. Regular private lesson: 30 minutes long Price: \$30

2. One hour lesson plus underwater video: The swimmer is taped underwater. The coach and swimmer watch the video together. After talking about what needs to be corrected, the coach offers the swimmer instruction as to how to improve. After instruction, the swimmer is taped again. The swimmer gets a personalized DVD to take home. 60 minute lesson: \$60. DVD \$40.
Total Price: \$100

3. Underwater DVD series: This includes three underwater/DVD sessions described in #2 above. The sessions should occur more than four weeks apart. The series should be completed in a period of no more than four or five months. This time separation allows the swimmer and coach to see how the strokes are improving or if they are not improving. This series is recommended for swimmers who attend workouts regularly. 3x60 minute lessons: \$180 (\$60 each). DVDs \$110.
Total Price: \$290

Objective and Goals – Age Group and Regional

The Age Group and Regional groups are the third and fourth level within the KING structure.

Objective: These groups transition swimmers from introductory competitive swimmers to more experienced competitive swimmers who will have the capability of being successful in the KING senior program.

You may have seen this before, but... To develop the skills needed to progress through this point of the KING age group program:

- Swimmers will consistently improve their stroke technique
- Swimmers will grow up in the sport trying to be their best
- Swimmers will be a part of a team atmosphere
- Swimmers will enjoy meets
- Swimmers will make goals and attempt to attain them
- Swimmers will make friends with their teammates
- Swimmers will ENJOY swimming!
- ***SWIMMERS WILL WANT TO COME TO PRACTICE!***

As early as possible in an athlete's swimming career, it is important to understand that athletes will continue to improve with poor or average stroke technique while they are growing.

Once athletes stop growing, they often have trouble swimming faster if their technique is not exceptional.

Good practice attendance and attitude at an early stage in an athlete's swimming career can go a long way in ensuring long-term success.

One final note before detailed descriptions of the groups: Children who make a solid foundation of friends at the Age Group and Regional level of the program are more likely to stay involved with competitive swimming.

In looking down the road, **people who swim competitively through college consistently yield the highest average academic standards in comparison to all other sports and the general student population – nationwide!** There may be something to this!

Age Group

Practice:

Workouts are offered five days a week. There is no practice attendance requirement for this group, but the recommended attendance is as follows:

AGE	Years of USA Swimming Experience	Weekly workout number
9	1	3-4
9	2	4-5
10	1	3-4
10	2-3	4-5
11	1-2	4
11	2+	4-6*
12	1-2	4-5
12	2+	4-6*

*6th workout will be with Regional group (on coach's approval) if only five workouts are offered at your pool.

If you cannot attend the proscribed number of practices, please attend at least three workouts per week to see improvement in stroke technique, comfort in the water and with their teammates, and 'feel' of the water.

Practice duration is approximately Two hours.

One hour and thirty minutes of that time will be spent in the water. Thirty minutes will be dedicated to dry-land training.

Requirements to enter Age Group

Swimmers entering the Age Group level must complete the 'Goals of the Novice Group' highlighted above (or equivalent), plus three of the following five:

- 10x50@ 1:00
- 8x25@ :40 IM order
- Swim under 1:30 in 100YD freestyle
- Swim under 1:50 in 100YD IM
- Kick 1x50 with fins under :50

Goals of Age Group

- Swim 400IM legally
- Race in every distance, every stroke available over duration of season
- Achieve 11-12 year old PNS time standards
- Improve fluidity in turns and push-offs
- Improve dive and backstroke entry into water
- Begin learning how to manage effort and intensity through practice
- Learn and improve goal setting skills
- Improve on controlling attitude and focus within workout and understand that they affect teammates
- Create a core group of 'training friends'
- Sit with friends and teammates at swim meets
- Listen to coaches!

Training Equipment

For equipment and apparel, please contact Northwest Swim Shop (www.nwswimshop.com).

Required Training Equipment:

- Fins (soft rubber in appropriate shoe size)
- Water bottle (mixture of 50% juice/ 50% water)
- Pull buoy
- TYR hand paddles (#1 or #2)
- Running shoes
- Appropriate dry-land attire for any weather
- TYR swimsuit (no board shorts for boys)
- Goggles (two pair)
- KING cap (required for anyone with long hair)

Optional Training Equipment:

- Mesh bag to hold equipment
- Warm hat and gloves for dry-land and after workout
- TYR backpack

Swim Meets

Swim meets are usually once a month.

At the beginning of the season, download the “age group meet schedule” from the “meet information” section of the website. Highlight any meets you **cannot** attend and return the form to your coach. Your coach will automatically sign your swimmer up for any meets your swimmer’s practice group is attending. *If you do not notify the coach that you are unable to attend a meet before the meet entry date, you WILL BE CHARGED for the entered events - even if the swimmer does not swim.* We do not get refunds for missed events.

Coaches will pick events for the swimmers.

Most meets are either Challenge meets, which are open to any USA Swimming registered athlete, or Championship meets in which athletes must meet certain time standards to be eligible.

Time standards are available on the PNS website.

Competition Apparel

Required:

- Black TYR suit
- KING cap (silicon or latex)
- KING t-shirt
- Swimmers must wear KING caps for relays

Optional:

- KING TYR jacket and pants (or other sold as a KING promotion)
- TYR backpack
- Swimmers in the Age Group *do not* need and should not purchase ‘body suits’. Regular cut lycra suits are appropriate for competition (boys may wear lycra jammers).

Billing Questions

Please email kingaquatic@aol.com.

Billing address:

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Tacoma, WA 98405-1309

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Competition Schedule

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Communication with the Coach

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Please do not speak with coaches during practice. **The coaches are instructed not to speak with parents while they are coaching.** This ensures that they are providing the best possible instruction for your swimmer.

Regional

Practice:

Regional practice is offered 6 times per week. The regional group is the first group within the KING Aquatic Club program with an attendance requirement.

This program is intended for the age group swimmers that have goals of pursuing their swimming career as far as possible. The practice direction, structure and difficulty will be designed to meet that end years down the road.

Regional swimmers are expected to attend a minimum of 80% attendance to remain in the Regional group. Special exceptions may be cleared with the Regional coach on an absence by absence basis.

Requirements to enter Regional Group

Candidates should complete 6 of the following 8:

- Display intention of adhering to attendance requirement *before* moving into group
- 11-12 PNS qualifying times in 5 or more events
- 11-12 AG Sectional qualifying times in 2 or more events
- Racing history in every event available
- Show willingness to learn
- 8x100@ 1:30
- Under 2:30 in 200yd freestyle
- Kick 1x50 under :40 with fins

Goals of the Regional Group

- Achieve USA Swimming Top 16 time standard
- Final in all events at Age Group Sectional Meet
- Win all relays at Age Group Sectional Meet
- Achieve Age Group Sectional time standard in every stroke
- Continue to develop goal setting skills
- Improve proficiency in turns
- Use underwater fly kicking as a tool in racing
- Continue becoming more fluid in swimming (no splashing)
- Kick 50yd with fins under :30
- Begin to actively improve distance per stroke
- Learn leadership skills

Training Equipment

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Required Training Equipment:

- Fins (soft rubber in appropriate shoe size)
- Water bottle (mixture of 50% juice/ 50% water)
- Pull buoy
- TYR hand paddles (#1 or #2)
- Running shoes
- Appropriate dry-land attire for any weather
- TYR swimsuit
- Goggles (two pair)
- KING cap (required for anyone with long hair)
- Mesh bag to hold equipment
- Warm hat and gloves for dry-land

Optional Training Equipment:

- TYR backpack

Competition Apparel

Required:

- Black TYR suit
- KING cap (silicon or latex)
- KING t-shirt
- Swimmers must wear KING caps for relays

Optional:

- KING TYR jacket and pants (or other sold as a KING promotion)
- TYR backpack
- Swimmers in the Regional Group *do not* need and should not purchase 'body suits'. Regular cut lycra suits are appropriate for competition (boys may wear lycra jammers).

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KingPOWER

KingPOWER is focused on taking athletes and making them into swimmers. King Power will meet the needs of athletes coming from other sports, high school swimmers or swimmer currently in the King program who are still working on translating dryland power into aquatic speed. Technique is the primary focus with speed, power and explosiveness playing large roles.

Practice: KingPOWER is offered 6 times a week. Swimmers are strongly encouraged to attend all practices as skills and progressions build from one practice session to another.

Goals and Expectations for the KingPOWER Group:

- Continue becoming more fluid in swimming (no splashing)
- Actively improve distance per stroke
- Translate power and athleticism developed in dry land training to speed in the water
- Learn leadership skills
- Provide an effective training program to swimmers who may have not come up through the King system.
- Swimmers will learn to actively monitor and improve their stroke technique
- Swimmer understands and takes responsibility for attendance and performance, work habits in practice and how these three relate to meet performance.

Training Equipment

For equipment and apparel, please contact Northwest Swim Shop (www.nwswimshop.com).

Required Training Equipment:

- Fins (as soft rubber as possible in appropriate shoe size)
- Water bottle (mixture of 50% juice/ 50% water)
- Pull buoy
- TYR hand paddles (must be TYR)
- Running shoes (make sure they are meant specifically for running)
- Appropriate dry-land attire for any weather

- TYR swimsuit
- Goggles (two pair)
- KING cap (required for anyone with long hair and only KING caps are acceptable at workout)
- Mesh bag to hold equipment
- Warm hat and gloves for dry-land

Optional training equipment:

- TYR backpack
- Energy bar/ fruit for break during practice

Competition Apparel

Required:

- Black TYR suit
- KING cap (silicon or latex)
- KING t-shirt
- Swimmers must wear KING caps for relays

Optional:

- KING TYR jacket and pants (or other sold as a KING promotion)
- TYR backpack
- Lycra suits are appropriate for competition. Talk to senior coach before purchasing a 'body suit'

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Senior

Practice:

Senior practice is offered seven times per week. This program is intended to provide both a stepping stone for athletes intending to be successful in the KING Senior National program and also provide a demanding and comprehensive training program for those athletes who cannot meet the attendance and/or training requirement of the KING Senior National program.

Senior swimmers are expected to attend 90% of workouts and communicate with the senior coach about their training schedule.

Note on training: Once swimmers are fully grown and are promoted as far as the senior program, they must train more and better than they did when they were younger to continue to improve (swim faster).

Practice duration is approximately Two and a half to Three hours.

Practice will consist of both dryland and swimming workouts.

Requirements for Senior Group

Swimmers entering the Senior program must be at least 13 years old and complete four of the following six:

- 10x100@ 1:20
- 8x50@ 50 kick
- Swim under 1:00 in 100YD freestyle for girls/ :55 for boys
- Swim 13-14 PNS qualifying times in main events (2)
- Kick 1x50 under :30 with fins
- 30 pushups in 1:00

Goals and Expectations of the Senior Group

- Strive to be competitive with any other senior group in the region (without Senior national)
- Prepare athletes for both competency at a US Open/ Sectional/ State level and for movement into Senior National group (if so desired)
- To consistently improve commitment level and training/racing ability from season to season
- Continue becoming more fluid in swimming (no splashing)
- Actively improve distance per stroke
- Learn leadership skills
- Attendance should improve, not decline as the athlete matures
- Training attitudes should be more productive and supportive as the athlete gets older
- Athletes must conduct themselves in a manner appropriate to actions needed to promote and support the goals of the team
- Attend all meets proscribed by coaching staff unless Senior coach agrees to absence
- Active in club fundraising

- Display ability to train appropriately for the athlete's experience and stated goals
- Parental involvement in 'wet side' decreases but increases on 'dry side' during tenure

Other areas of swimmer Accountability

1. Swimmer learns to accept the responsibility for his/her performance
2. Swimmer learns coping strategies to deal with peer pressure
3. Swimmer learns coping strategies to deal with parent pressure
4. Swimmer understands and performs personal race strategies
5. Swimmer demonstrates an ability to balance school, social, swimming and family
6. Swimmer can effectively communicate her/his commitment to her/his parent, coach and teammates
7. Swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals
8. Swimmer understands the relationship between his/her personal commitment level and results

Training Equipment

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Required Training Equipment:

- Fins (soft rubber in appropriate shoe size)
- Water bottle (mixture of 50% juice/ 50% water)
- Pull buoy
- TYR hand paddles
- Running shoes (every day)
- Appropriate dry-land attire for any weather
- TYR swimsuit
- Goggles (two pair)
- KING cap (required for anyone with long hair)
- Mesh bag to hold equipment
- Warm hat and gloves for dry-land

Optional training equipment:

- TYR backpack
- Energy bar/ fruit for break during practice

Competition Apparel

Required:

- Black TYR suit
- KING cap (silicon or latex)
- KING t-shirt
- Swimmers must wear KING caps for relays

Optional:

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Please do not speak with coaches during practice. **The coaches are instructed not to speak with parents while they are coaching.** This ensures that they are providing the best possible instruction for your swimmer.

Senior National

Practice:

Senior National practice is offered at least seven times per week on average. Additional practices may be added at coach's discretion. Additional practices *do* count towards attendance requirements.

The KING Senior National program is designed with the intention of providing the curriculum and atmosphere necessary for success at all levels of national and international competition.

The Senior National swimmer is a positive, hard-working example not only for the KING program, but also for USA Swimming as a whole.

The KING Senior National athlete actions and goals reflect the mission statement of USA Swimming: to build, promote, and achieve competitive success.

Requirements for Senior National Group

- 96% attendance
 - o Coach retains discretion of accepting absences which do not count against the attendance figure
- Actions and attitudes match goal of Senior National group
- Attend all competitions recommended by Senior National coach
- Athletes must compete in and wear attire manufactured by sponsoring manufacturer during all practices and competitions
- Must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- Limited interference from high school competitions. No interference from high school practices
 - o No High School or Summer League meet shall interfere, in any way, with a USA swimming meet that is on the schedule
- Active in club fundraising or clinics offered for younger club members
- Must live lifestyle appropriate for achieving greatest personal success
 - o Nutrition
 - o No drugs, tobacco products
- Parental involvement in swimming decisions at a minimum
 - o Once swimmers achieve competency, the swimming relationship must be limited to coach/athlete for them to progress to their greatest capabilities while maintaining a certain level of sanity. Overbearing parents are a burden to the coach AND the ATHLETE
- Display history of above requirements BEFORE being allowed into Senior National group

- Ability to train at or above a level appropriate for current experience and speed
- Willingness to perform every event (every distance) proscribed by senior national coach
 - o Make top 16 qualifying time for 13-14
 - o 2% or less off of US OPEN time standards
 - 16 and older for boys
 - 14 and older for girls
- Ultimately, Senior National coach has final say in group appointments

Goals and Expectations of the Senior National Group

- Senior National Swimmers are expected to do everything within their power to reach their own personal potential
- Senior National Swimmers will consistently place at US National championships and be appointed to US National Teams

Training Equipment

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Required Training Equipment:

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- Water bottle (mixture of 50% juice/ 50% water)
- Pull buoy
- TYR hand paddles
- Running shoes (every day)
- Appropriate dry-land attire for any weather
- TYR swimsuit
- Goggles (two pair)
- KING cap (required for anyone with long hair)
- Mesh bag to hold equipment
- Warm hat and gloves for dry-land
- TYR backpack
- Energy bar/ fruit for break during practice

Competition Apparel

Required:

- Black TYR suit
- TYR body suit (style per event appointed by senior national coach)
- KING cap (silicon or latex)
- KING t-shirt
- Swimmers must wear KING caps for relays
- KING TYR jacket and pants (or other sold as a KING promotion)
- TYR backpack

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