



2010-2011 NORTH OAKLAND WAVES TEAM STRUCTURE PREVIEW

14 July 2010

INTRODUCTION

This document provides a brief preview of the North Oakland Waves team structure for the upcoming 2010-2011 Short Course swim season. Registration and additional information will soon be made available. Be sure to check out NOW's website (www.nowswimming.com) for the latest postings and additional information.

TEAM GOALS

The NOW Coaching Staff with the support of the NOW Parent Board and the North Oakland Family YMCA will strive to:

- Create an organized, challenging, and success driven environment to help all Swimmers achieve their fullest potential within the sport
- Help Swimmers learn how to create and set realistic goals to help foster success in and out of the pool
- Improve each Swimmer's technique and knowledge about swimming
- Help each Swimmer achieve their personal goals set each season

PRACTICE GROUP DESCRIPTIONS

NOW will use a "progressive" age group program designed to develop swimmers physically, mentally and emotionally in a systematic fashion. Training emphasis in the early stages will focus on laying the ground work for future success by focusing on kicking and fundamental stroke technique while teaching aspects of competitive swim training. As swimmers progress, training emphasis will continue to focus on technique while incorporating ample yardage to develop a strong base that swimmers will be able to compete in a wide variety of events in different disciplines and distances with perfect technique and race strategy.

The following practice groups are being established to ensure that our swimmers are grouped with swimmers who are compatible in respect to abilities, commitment levels, maturity, and goals:

Senior Gold Group

The Senior Gold group is primarily for 13 & Over driven and motivated swimmers looking to achieve their fullest potential in the pool. Practices will be between 5000-8000 yards with precise training focuses (i.e., Sprint, Mid-Distance, and Distance). Regularly scheduled test sets will take place throughout the season. Swimmers in this group must have achieved either Zone, Michigan Swimming State, or High School State time standards and must be motivated to attend practice, including drylands, 5-6 times a week. Swimmers will be expected to compete in enough meets within the season to be eligible for YMCA Championship meets and will participate in championship meets (YMCA and USA Swimming) for which time standards have been achieved.

Junior Gold Group

The Junior Gold group is primarily for swimmers aged 9-12 who are able to complete more yardage intensive (3500-5000 yards) practices and who are able to swim a more rigorous workout. In these practices, swimmers will swim complex challenging sets where they will be pushed harder than they would in earlier groups. Coaching will include race strategy, pace work, and advanced technique work. Regularly scheduled test sets will also take place during these practices. Swimmers in this group will have previously swum in lower groups and demonstrated the skill, desire, and motivation to succeed in a harder training atmosphere. Swimmers in this group should be able to perform all four competitive strokes (including turns) in a competition atmosphere and should understand practice etiquette, sets and intervals. Swimmers in this group will have likely already achieved a YMCA State, JO, Michigan Swimming State, or YMCA Zone time standard and must be motivated to attend practice, including drylands, 4-6 times a week. Swimmers will be expected to compete in enough meets within the season to be eligible for YMCA Championship meets and will participate in championship meets (YMCA and USA Swimming) for which time standards have been achieved.

Blue Group

The Blue group is primarily for 13 & Over swimmers that have not yet achieved prerequisites for the Senior Gold group and for high school swimmers whose primary focus is to stay in shape for their high school seasons. These swimmers will experience yardage intensive practices that include heavy aerobic and anaerobic work. Practices will include in depth practices sets that focus on technique, pace work and race strategy and swimmers will participate in

regularly scheduled test sets. Swimmers in this group should be able to perform all four competitive strokes (including turns) in a competition atmosphere, to understand coaching feedback concerning stroke technique, and to swim 4000-5000 yards in a two hour period. Swimmers in this group should fully understand practice etiquette, be able to understand sets and intervals, and attend practices, including drylands, 4-6 times a week. Swimmers will be expected to compete in a minimum of three YMCA meets prior to the championship season and the YMCA Clusters meet.

□ **Red Group**

The Red group is primarily for 12 & Under swimmers who have advanced from the White group but who have not yet achieved prerequisites for the Junior Gold group. This group will also be the group for 13 & Over beginning swimmers who have not yet achieved prerequisites for the Blue group. Practices for this group will have a kicking and intensive technique work focus. Swimmers within this group will learn about sets and will be introduced to more yard intensive practices that will build a competitive base. Swimmers in this group should be able to perform all four competitive strokes legally, must have basic knowledge of a flip turn, must be able to complete 100 yards in a competitive environment, be able to read a pace clock, and attend practices 3-4 times a week. Swimmers will be expected to compete in a minimum of three YMCA meets prior to the championship season and the YMCA Clusters meet.

□ **White Group**

The White group is primarily for younger and inexperienced swimmers. Swimmers within this group can expect a kicking focus, swimming education program, and simple technique work. Coaches will be focused on not allowing swimmers in this group to form bad habits. Swimmers will be split into two groups (A and B) that will practice on opposite days of the week except for Saturday which will be a combined practice. Wednesdays are expected to be “clinic” style days, with both A and B groups attending, focusing on starts, turns, and swim practice etiquette. Swimmers in this group should be able to swim 25 yards without stopping on both their stomach and back, to listen to and follow coach instructions, and to complete a one-hour practice. Swimmers in this meet will be encouraged to attend swim your own age meets, YMCA invitational meets, and YMCA Clusters meets.

Please note that coaches will be responsible for designating group placement and practice lane assignments. Please note that for those swimmers who do not meet the above requirements, the North Oakland Family YMCA also offers a pre-competitive swim program and lessons.

PRACTICE SCHEDULE & INFORMATION

The following table provides an overview of the expected practice times, locations, and coaching assignments. Please note that there **WILL** be changes to the schedule from time to time to accommodate pool conflicts due to high school swimming meets, NOW attendance at swimming meets, holidays, and the like.

Group	Mon	Tue	Wed	Thu	Fri	Sat
White A White B	4:30-5:30pm YMCA	4:30-5:30pm YMCA	4:30-5:30pm 4:30-5:30pm YMCA	4:30-5:30pm YMCA	4:30-5:30pm YMCA	1:00-2:00pm 1:00-2:00pm YMCA
Red	5:30-7:00pm YMCA		5:30-7:00pm RHS	5:30-7:00pm RHS	5:30-7:00pm YMCA	2:00-3:30pm YMCA
Jr Gold	5:30-7:00pm RHS	5:30-7:00pm RHS	5:30-7:00pm RHS	5:30-7:00pm RHS	5:30-7:00pm RHS	1:00-3:00pm RHS
Blue	7:00-9:00pm RHS	7:00-9:00pm RHS	7:00-9:00pm RHS	7:00-9:00pm RHS	7:00-9:00pm RHS	1:00-3:00pm RHS
Sr Gold	7:00-9:00pm RHS	7:00-9:00pm RHS	7:00-9:00pm RHS	7:00-9:00pm RHS	7:00-9:00pm RHS	11:00-1:00pm RHS

Drylands for the Junior Gold group are planned for Tuesday and Thursday from 7:15-7:35pm and drylands for the Blue and Senior Gold groups are planned for Monday, Tuesday, Thursday, and Friday from 6:15-6:45pm.

DISCLAIMER

Group definitions and the practice schedule is subject to change depending on the number of participants in the program.