

2009-2010 NA Team Structures

Senior Teams:

Senior Group – Ages 14 and over

Coach Amy

\$80 per month

***\$225 / season (Sept.-March)
for High School Swimmers***

This is the highest level in the NA structure. The Senior Team group will focus on the details of the four strokes, refining their strokes in order to reach a higher order of efficiency and effectiveness with a strong focus on 400 IM training. Swimmers are expected to be willing to swim ANY event, in ANY situation. A dryland training program is implemented at this level. Swimmers begin to focus more on specialized training specific to focus events. These swimmers are expected to be mature, responsible, independent and able to demonstrate a commitment to their personal success and to the success of the team.

Group Requirements

- 80% practice requirement, NO EXCEPTIONS. Absences must be discussed with coach.
- Completion of 6,000-12,000 yards per day
- 10x100 yard kick @ 2:00
- 5x200 yard free @ 3:00
- 4x200 yard IM @ 3:20
- 4 x 5 pull ups with minimal spotting
- 2 mile run without walking
- Completion and upkeep of a training log for the 2009-2010 SC Season

Equipment – All equipment is available at www.swimoutlet.com

Strokemaker paddles, Finis Snorkel, pull bouy, small TYR kick board, Finis Finger Paddles, TYR fins, Speedo pulling ankle lock, stretch rope

Practice Schedule (September) – Optional AM Practices TBA October

Monday – Friday 5:15-8 PM

Saturday 9-11:30 AM

Dryland shoes are required every practice

Please arrive 10 MIN early to practice

Varsity Team – Ages 13 and over

Coach Amy

\$70 per month or

***\$225 / season (Sept.-March)
for High School Swimmers***

The Varsity team will focus on refining all four strokes, while increasing training base and improving kicking speed. Varsity swimmers main focus is to prepare for the Nebraska High School Swimming Season. This group works extensively on stroke technique, turns, starts and sprinting. The Varsity team is a great group for any multi-sport athlete interested in staying in swimming shape.

Group Requirements

- No practice requirement.
- Completion of 2500-5000 yards per day depending on swimming level
- 3 x 200 yard free @ 4:00
- 4 x 100 yard IM @ 2:30
- A desire to letter during the High School Swimming Season
- A willingness to complete any practice

Equipment – All equipment available at www.swimoutlet.com

Strokemaker paddles, pull bouy, kick board, fins, stretch rope

Practice Schedule- September 8-start of High School Season

Monday-Thursday 6:15-7:45 PM Saturday 9-10:30 AM optional

Age Group Teams

Black Group – Ages 9-13

Coach CJ and Coach Russell

\$55 per month

The swimmers main focus in this group is to improve stroke technique and efficiency with a focus on achieving your IM X score and a wiliness to swim ALL events. Swimmers are also provided with strong conditioning that will prepare them to progress to the higher levels of competition. Positive interactions with peers and goal-oriented behavior is also stressed. Swimmers in this group are introduced to race strategy, mental and dryland training. Swimmers participating in this group should WANT to come to practice every day and should strive to become the ELITE Age Group swimmers in Midwestern Swimming.

Group Requirements

- 4 practices per week
- Completion of 2500-4000 yards per day
- 6x100 yards kick @ 2:30
- 3x200 yards free @ 3:40
- 4x100 yards IM @ 2:00
- Willingness to complete all dryland exercises to the best of one's ability

Equipment All equipment is available at www.swimoutlet.com

- Strokemaker paddles, Finis Snorkel, pull bouy, small TYR kick board, TYR fins

Practice Schedule – September-December

Monday, Tuesday, Wednesday, Friday 6-7:30 PM

Thursday 5:30-7 PM

Saturday 9-10:30 AM

Red group – Ages 7-12

Coach CJ and Coach Russell

\$45 per month

This is a beginning competitive group. This group places more emphasis upon development and improvement of all four strokes, starts and turns as well as increasing conditioning. Most swimmers in this group have participated in some type of competitive program previously and should be able to perform all four strokes efficiently. Swimmers should strive to complete their first IM X score and to eventually move into Age Group II.

Group Requirements

- 3 practices per week
- Completion of 1500-3000 yards per day
- 6x50 yards kick @ 1:30
- 3x100 yards free
- 2x100 yards IM
- Willingness to complete all dryland exercises to the best of one's ability

Equipment All equipment is available at www.swimoutlet.com

- Strokemaker paddles, Finis Snorkel, pull bouy, small TYR kick board, TYR fins

Practice Schedule – September-December

Monday, Tuesday, Wednesday, Friday 5:30-6:30 PM

Saturday 9-10:30 AM

Team Beginner Red

Coach Megan

\$35 per month

This is a beginning swim team/lessons blended group. This group places all emphasis upon development and improvement of all four strokes, specifically backstroke and freestyle with side breathing while having fun! Swimmers in this group have participated in swim lessons and possibly some type of competitive team. Swimmers should be able to swim 1 length of the 25 yard pool. Swimmers in this group will generally vary between 5-10 years of age.

Attendance recommendation: 2 workouts per week.

Practice Schedule: Monday and Wednesday 5:30-6:30 PM

Or Tuesday and Thursday 5:30-6:30 PM

Please choose one practice schedule. Special request can be made with Coach Megan.

Masters Swimming Team

Coach Amy

\$30 per month

NA Masters is open to anyone 18 and over. All abilities are encouraged to join this fun group. Practices are written based on ones individual ability. Swimmers are encouraged to come at least twice a week. Registration to USMS is required to join this group. Registration forms can be found at <http://www.usms.org/>.

Practice Schedule: Tuesday, Thursday, Friday 5:30-6:30 PM

Saturday 9-10:30 AM

NA Private Lessons

Coach Amy, CJ, Russell and Megan are always available for private lessons. Please inquire with your coach as to their price and availability.

Office Hours

*Coaches are available by appointment in addition to listed times. Please **DO NOT** approach your coach during their practice.*

Coach Amy: M-F 3:30 – 5:00 PM 402-309-5020
Head Coach

Coach CJ: M-F 4-5:00 PM 402-650-6636
Black and Red Teams

Coach Russell: M-F 4-5:00 PM 402-770-9843
Black and Red Teams

Coach Megan: M-TH 4:30-5:00 PM 402-730-8182
Beginner Red Team