

Senior Group:
Seasonal Plan

September:

Welcome back. This month we will be getting our group familiar with each other and begin building our base of skills and fitness for the competitive season using drills, games, equipment, and dry-land (out of water exercises I.e. cross-training). At this level swimmers are expected to go to 95% of practices.

October:

As we near our first swimming meet of the season and our fitness levels rise we will increase our volume of yardage to about 6,000 yards a practice. Split between morning and afternoon practices. With this increase we will still maintain our dominant focus on correct techniques of all four strokes. Our swim meet preparations will include weekly timed swims, relay starts, streamlines, and doing racing correct turns. For the swim meets October 17th – 18th and 30-Nov. 1st, remember to sign up for some events you have never swum.

November:

There is one swim meet in November, Age Group Invite. For the swimming meet, make sure you are signing up for events you like but also events you have not yet swum.

Our swimming will see a slight decrease in yardage as we move towards more race pace swimming. We'll maintain an average of 5,000 yards a practice. Using drills, games, swims, and equipment, the skill work will be more refined and race focused on all four strokes. There will be more weekly timed swims, focusing on the 200 I.M and streamlines.

December:

The swim meet this month is Washington State Champs, December 17-24.

After State Champs our focus will on one last aerobic push going into January, aka, Holiday Training.

January:

After our Holiday break we are going to pick up right where we left off. Averaging about 7,000 yards a practice, we will focus on all four strokes, streamlines, weekly timed swims, relays, starts, and turns. Our next swimming meet, The January Challenge, is on the 16th-17th. Remember to swim some events you have not swum.

February:

Our swimming meet this month is on the 6th and 7th. Use this as an opportunity to swim the events you haven't yet. Next month is our last meet and is a Championship meet where we will swim only our best events. We may have an opportunity to swim at a distance meet this month as well. Stay posted.

The focus this month is to maintain our volume and use our gained fitness to swim the same volume faster with more rest between swims. We will be doing relays, streamlines, practicing our turns, and fewer weekly timed swims while comparing them to earlier timed swims in the season.

March:

There are three swim meets this month. Choose the meet that has the fastest time standards for which you are qualified and sign up for as many events as qualified or the maximum amount of entries allowed. This month will be geared toward peak performance at your last swim meet.

ESC Senior Group 2009-2010 Short Course Season- Revised 11/09

Seniors: Sept-Dec.

Week	Mesocycle	Emphasis	Distance per week in yards
1	1	Preparation week	18000
2	1	Preparation week	45000
3	2	Endurance week	55000
4	2	Endurance week	60000
5	2	Endurance week	60000
6 October challenge	2	Endurance week	60000
7	3	Adaptation week	55000
8 Monster Invite	3	Quality week	50000
9	4	Endurance week	55000
10	4	Endurance week	60000
11 Age group	4	Endurance week	60000
12	4	Endurance week	60000
13	5	Specifics week	45000
14	5	Specifics week	40000
15 Age group champs	6	Taper week	40000
16 State champs	6	Competition week	30000

Senior: Jan-March

Week	Mesocycle	Emphasis	Distance per week in yards
16	7	Endurance week	50000
17	7	Endurance week	55000
18	7	Endurance week	60000
19 Jan. Challenge	7	Endurance week	60000
20	8	Adaptation week	55000
21	8	Quality week	55000
22 Feb. Challenge	8	Quality week	55000
23	8	Quality week	50000
24	9	Specifics week	45000
25 Age Group Invite	9	Specifics week	40000
26	10	Taper week	30000
27 Sectionals	10	Taper week	25000

Goals for Senior Group

- ✓ Achieve time standards higher than what you had last year
- ✓ Qualify for a faster Championship meet than last year or;
- ✓ Qualify for more events with faster times
- ✓ Write down and know the time standards you want to achieve
- ✓ Attend 95% of practices per month
- ✓ Swim every event at least once this season
- ✓ Use the pace clock for every swim in practice
- ✓ Streamline 10 meters for fly / back at practice and in meets
- ✓ Know all your best times
- ✓ Bring a water bottle to practice and a snack for after practice

*Fitness Swimmers: During High School, if you choose to do this group, practice will be limited to 3 per week. Choose from any of the mornings M-S and Tuesday, Wednesday, and Friday afternoon. Remember be consistent, attend the same practice sessions every week, if you want consistent results.

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September		1	2	3	4	5
6	7	8. Order team gear:	9 Order team gear	10 Order team gear	11 Order team gear	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30. <u>deadline</u> sign up for October Challenge			

October

				1. 6x200 on 8:00	2	3
4	5	6	7. 6x100 on 8:00	8.	9	10
11	12	13	14. 5x100 on 3:00	15.	16	17. October Challenge
18 October Challenge	19	20. <u>deadline</u> sign up for Monster Invite	21. 20x100 on 1:30-1:50	22.	23	24
25	26	27	28. 6x50 on 2:00	29.	30. Monster Invite	31. Monster Invite

November

1. Monster Invite	2	3. <u>deadline</u> sign up for Age Group Invite	4. T30 or 20x100 on 1:30-1:50	5.	6	7
8	9	10	11. 6x200 on 8:00	12.	13	14
15	16	17	18. 6x50 on 2:00	19.	20	21. Age Group Invite
22. Age Group Invite	23	24	25. <u>Thanks-</u> Deadline sign up Div. Champs AgeGroupChamps	26. <u>Giving-</u>	27. <u>break-</u>	28. <u>see-</u>
29 <u>training-</u>	30 <u>schedule-</u>	For-	<u>Specific-</u>	<u>Practice-</u>	<u>Times-</u>	

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December

		1.1650 time-trial	2. <u>deadline</u> sign up for State Champs	3.	4.	5. Div. Champs
6.Div. Champs	7	8	9. 1650 time-trial	10. Age Group Champs	11. Age Group Champs	12. Age Group Champs
13. . Age Group Champs	14.	15.	16.	17 State Champs	18. State Champs	19. State Champs
20 State Champs	21.Holiday training	22.Holiday training	23. Holiday training	24.	25	26.
27.	28.Holiday training	29.Holiday training	30.Holiday training	31.Holiday training		

January

					1.OFF	2. Holiday training
3.	4 <u>deadline</u> sign up for January Challenge	5.	6. 1650 time trial	7.	81650 time trial	9
10	11	12	13. 1650 time trial	14.	15	16.January Challenge
17.January Challenge	18	19. 5x100 on 3:00	20. 6x200 on 8:00	21.	22	23
24	25. <u>deadline</u> Signup for Distance meets	26.	27. T30	28.	29. <u>deadline</u> Sign up for February Challenge	30

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February

31	1	2	3	4.6x50 on 2:00	5	6. February Challenge
7 February Challenge.	8. 5x100 on 3:00	9	10	11.6x200 on 8:00	12	13
14.Distance meet	15	16	17. <u>deadline</u> signup for Age Group Invite	18.6x100 on 8:00	19	20
21.Distance meet	22	23	24. <u>deadline</u> sign up for Senior Sectionals	25.20x100 on 1:30-1:50 or 5x100 on 3:00	26.Age Group Invite	27. Age Group Invite
28. Age Group Invite						

March

	1	2	3. <u>deadline</u> sign up for Age Group Sectionals	4. <u>deadline</u> sign up for Div. Champs	5	6
7	8	9	10.Senior Sectionals	11. Senior Sectionals	12. Senior Sectionals	13 Senior Sectionals.
14. Senior Sectionals	15	16	17	18.Age Group Sectionals	19. Age Group Sectionals	20 Age Group Sectionals.
21. Age Group Sectionals	22	23	24	25	26	27. Div. Champs
28. Div. Champs	29	30	31			

Gold-Senior Vocabulary Words

Cool Down	Easy swimming after a race or intense set at practice, used to flush the built up lactic acid caused from fast swimming.
Deck Entries	Accepting entries into swimming events on the first day or later day of a meet
Drill	a portion of a stroke that is emphasized during a swim and or repeat, a specific movement to help a stroke
Dry land	the exercises and various strength programs swimmers do out of the water. AKA: cross-training
Entry Fees	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
Event Limit	Each meet will have a limit of total events a swimmer can swim. See the meet information.
Goals	The short- and long-range targets for swimmers to aim for.
High Point	An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre meet information.
Interval	A specific elapsed time for swimming or rest used during swim practice.
NRT	National Reportable Time. A time list published once a year, which if a swimmer equals or betters the time on the list, they may submit their time in that event for consideration for national recognition.
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.
NTV	National Times Verification. A certificate verifying a national qualifying time achieved by a swimmer and issued only by a verification official of the location where the meet was held.
Observed Meet	A meet that is not conducted according to USA Swimming rules (high school, YMCA) where a request for observation has been processed and approved in advance. Sufficient USA Swimming officials are present to certify that the athletes' swims are in compliance with USA Swimming technical rules.
Observed Swim	A swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.
Positive Check In	The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
Prelims-Finals	Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest six or eight (Championship Heat) swimmers and the next fastest six or eight

	swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.
Proof of Time	An official meet result. Swimmers/Coaches must supply proof of time with some meet entries.
Psyche Sheet	An entry sheet showing all swimmers entered into each individual event and the pre-meet placing.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer.
Referee	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions
Scratch	To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
Senior Meet	A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.
Senior Nationals	A USS National Championship meet for swimmers of any age as long as the qualification times are met.
Split	A portion of an event that is shorter than the total distance and is timed. (i.e.) A swimmer's first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
Still Water	Water that has no current caused by a filter system or no waves caused by swimmers
Stroke Judge	The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.
Swim-off	In a Prelims/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or an alternate, otherwise ties stand.
Taper	The resting phase of a swimmer at the end of the season before the championship meet.
Test-set	A swim set(s) done through-out the season, during practice, to indicate to coach and swimmer levels of fitness and skill.
Timed Finals	Competition in which only heats are swum and final placing are determined by those times.
Time Standard	A time set by a meet or LSC or USA-S (etc) that a swimmer must achieve for qualification or recognition.

Top 16	A list of times compiled by the LSC or USS that recognizes the top 16 swimmers in each age group (boys & girls) by each event and distance. The number 16 was arbitrarily chosen because it would normally fill the finals and consoles heats at a swim meet.
Touch Out	To reach the touchpad and finish first in a close race.
Uniform	The various parts of team clothing a swimmer wears at a meet. May include: parka, Warm-up jacket, team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.
Unofficial Time	The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
USS ID Number	A 16-part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first 6 parts are numbers of a swimmer's birthdate: Day/Month/Year using zeros as place holders. The next three spaces are the first three letters of the athlete's legal first name. The next letter is the middle initial, followed by the first four letters of the swimmer's last name. For example: USS ID# for swimmer Suzanne Eileen Nelson and born Aug.27, 1976 = 082776SUZENELS