

**H2A Senior, Senior 2 and Gold**  
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**1. INTRODUCTION**  
**2. BREAK DOWN AND EXPECTATIONS OF EACH TRAINING GROUP.**

**3. Attendance**

**Senior**

-32 practices a month

-I want them to average a minimum of 85% practice attendance.

-If they miss more than one practice a week they will do a make-up on Sunday.

**Senior 2**

-20 practices a month

-I want them to make at least 15 out of the 20 a month.

-When I think a swimmer is ready to be moved into the Senior group I will have a sit down with the athlete and parents.

**Gold**

-24 practices a month.

-I would like to see them make at least 20 out of 24 practices a month.

**4. TRAINING AND SEASONAL PLAN-Four parts**

**Conditioning**

-August 10<sup>th</sup>-September 20<sup>th</sup>

-We are doing general conditioning

-A lot of stroke work

-Dry-land 2-4 times a week

-A lot of kicking

-Average Yardage week-24,000-40,000 yards a week.

**Building the Base**

-September 21<sup>st</sup>-December 4<sup>th</sup>

-General conditioning becomes training.

-Stroke work reinforced

- A lot of kicking
- Dry-land 2-3 times a week
- Less Recovery Days and tighter intervals
- We will rest for 4-5 days at the end of this cycle.
- 45,000-55,000 yards a week

### **Hammer Time**

- December 7<sup>th</sup> until February 13<sup>th</sup>
- Most intense training time
- Stroke work reinforced
- Dry-land 2-3 times a week
- Less Recovery Days and tighter intervals
- They will be tired.
- There is a light at the end of the tunnel
- 50,000-60,000+ yards a week

### **Taper Time**

- February 15<sup>th</sup> - until there season ending meet.
- Every athlete's rest phase is a little bit different
- More rest, and more speed in practice
- For most of the group mornings are done
- Athletes should stay on sleep cycle
- Body goes through changes from tired to recovery to fast.
- Then let's go racing.

## **5. CONTRACT FOR SENIOR GROUP-BEHAVIOR ON DECK**

Hopefully you all read the contract that I have laid out to the athletes in the group for the season. One of the reasons I think we were so successful at the state meet was the cheering and engagement of the athletes with each others swims. I still have 4 athletes that have not turned in their contracts.

## **6. MEET SCHEDULE**

### **What meets are peak and season-ending meets?**

- We typically compete in one meet a month.
- Our first meet will be at home this year with our new timing system.
- Not every swimmer will go to all the same meets, this is based on time standards set by the meet host.
- The goal of the Senior group is to get to the national level, for this to take place we need to find the best racing opportunities possible.

- We do a couple of travel trips.
- Charlotte, Huntersville, Nashville and maybe Orlando.
- A Peak meet is a meet that we rest for a couple of days and the swimmers get to suit up in finals or for the entire meet.
- Season Ending meet is a meet where the athlete has rested for 2-3 weeks. They shave and wear the fastest suit available.

### **Travel Trips:**

There are three meets that have been classified as travel trips this year: Charlotte in December, Huntersville in January and Nashville in March.

Travel Trips include the following in their costs:

- Transportation
- Lodging
- Breakfast and Dinner
- Sometimes snacks

### **The breakdown per trip**

Charlotte-\$125-\$150.00-Every swimmer in the Senior group will go to this meet and every Senior 2 swimmer that has one 13-14 "A" time will be eligible to participate.

### **Chaperones**

Jud Reamy and Colleen R

### **Huntersville-\$175-\$200.00**

You must have 3 cuts to swim in this meet.

### **Chaperones**

Carey Ann Kelley and Sherri Wammock

### **Nashville-\$575-\$625.00**

You only need one cut to participate

### **Chaperones**

Lindy Felix and Carol Hammond

Not every swimmer will be doing all three trips and all monies will not be due until June 1<sup>st</sup>, 2010.

Please ask me if you need to know what meets you will be attending.

## **7. PHYSIOLOGY AND PARENT EXPECTATIONS**

- As athletes age different things happen regarding their physical make up.
- Girls typically are able to out train boys and will go to meets and be able to out perform boys until the age of 13-15, depending on the female. At this point the training aspect still stays the same but other variables will change. Some girls will struggle with this aspect especially with meets that are in the middle of the season.
- Maturation is different in boys vs. girls
- Bodies will change
- Rate of progress is not the same
- Might go through a period of time where they do not improve in what was their best events.
- Some swimmers might have to change training habits to get better.
- This is one of the reasons why we train hard with high volume of yardage.
- We will not pigeon hole athletes at the beginning of the season by training and racing every event.

## **8. COLLEGE SWIMMING**

- Any one in this group can swim in college.
- What are the swimmer's academic and swimming goals?
- I will do anything for the athlete in this process.

### **Other items**

- Suit Policy-Team suit for every meet unless told differently
- All boys will wear briefs
- Meet entries will be determined by the coach and all swimmers will swim the events entered
- You may call me at any time from 8:00am until 8:00pm unless it is an emergency.
- I am available after practice on Monday's and Fridays.
- Bottom line every swimmer is my favorite, if they work hard, have a great attitude and support their teammates.
- I look forward to a great 2009-2010 season.

### **-Questions**