

# Arkansas Dolphins Swim Team

## Seniors Requirements & Expectations

Updated August 2019

### Learning Objectives

- To have fun in a safe environment-To learn to master the four competitive strokes, turns, starts and finishes, as well as the Individual Medley and early distance events necessary for future development.
- Technique is offered daily during each practice season to some degree. We will also be pushing a mix of yardage, drills, technique, and dry land training.
- Train athletes to be all they can be in or out of the water. Also, to be responsible for their actions in or out of the water, horseplay will not be allowed.
- As a coach, I am responsible for the team's results in and out of the water. Athletes and parents choose to join the Arkansas Dolphins; therefore, they accept the responsibilities of their choices.

### Coach Steve's Questions to be answered before deciding to move a swimmer up from Age Group 2 to Seniors

1. Is he/she ready to work harder?
2. Can they demonstrate Intermediate level technique and knowledge of all four strokes, flip turns, entries, the Individual Medley, and interval training while reading a pace clock?
3. Is he/she ready to commit make 90% of all offered practices and 90% of all meets offered?

### LRAD Standards to be met before a swimmer can be evaluated to move up from Age Group 2 Group to Seniors

- Swimmer must have a USA Swimming Database Time in all four strokes at 100M or 100Y.
- Swimmers must have at least 3 of the following: 200Freestyle, 200Backstroke, 200Breaststroke, 200Butterfly.
- \*\*Swimmers must have a USA Swimming Database Time in both of the following: 800M/1000Y-Freestyle, 1500M/1650Y
  - Swimmers must also have a USA Swimming Database Time in the 200I.M.M/Y.& 400I.M.M/Y
  - Swimmers must be able to complete a test set of 20x100's Freestyle on a 1:20 interval.
  - Swimmers must be able to complete a test set of a 500 yard kick in 9:00 or less.
  - Swimmers must have at least at least 4 ASI Senior Cut and 2 Elite Bonus Cuts.

High School times will be accepted for standards as long as the Head High School Coach sends in a signed copy of the meet results.

### Purpose of having a 200's in all four strokes and 1500M/1065YFreestyle

Swimmers in Seniors must be able to fully understand the sport of swimming as a practice swimmer and as a meet competitor. Seniors averages a yardage minimum of around 5000/6000 yards per day, and because of this should have no issue with the requirements of the group. The distance events, though a swimmer may not always enjoy them are essential for the growth and development of their swimming skills. Each stroke works to help strengthen the others.

### Things to keep in mind

- \*Swimmers must show that they are able to demonstrate a strong DLO (Desired Learning Objective). Goals will be set, and if all goes well they will also be met if a child is truly willing to work hard and learn from their coaches.
- \*Age Group 2 level athletes must be ready to accept and internalize the necessary discipline that creates a learning environment; respect of the coaches and fellow swimmers is required at all times.
- \*Swimmers must at all time show that they are mature enough to handle Seniors or they will be removed from practice at the coach's discretion.
- \*\*Please note that swimmers trying out for the team or moving up will be given a grace period of one year to achieve all requirements to be in this group. After the year time frame has ended, if a swimmer hasn't met all the requirements, a meeting will be set with the family, Group Coach and Head Site Coach to determine if an extension in time will be granted or a move down in practice group.

