

Starfish Senior Squad Expectations



1. Understand the importance of Regular Attendance

There is a direct relationship between consistent, quality practice and improvement in performance and best times. Even more important than the training benefits and increased skill development, regular attendance greatly reduces your risk of injuries, which more often than not are the result of large 'spikes' in volume resulting from inconsistent attendance.

2. Be Punctual

Arrive on deck before practice is scheduled to start, and be prepared to be in the water when practice starts. Swimmers who consistently arrive late, or do not start practice on time may be prohibited from participation in the days practice, at the discretion of the coaching staff.

"On Time"= equipment poolside, enter the water on time, and swim the entire warm up.

3. Be Prepared

Swimmers will have a full equipment bag, containing all items listed on the squad "Equipment Lists" tab of the Starfish website. Bags should be poolside at the start of every practice.

Swimmers will have a water bottle at every practice.

Swimmers who have additional equipment or medical needs (such as inhalers) will also have those items with them, on deck, during practice.

4. Be a Full Participant in Practice

Practice starts on time, and swimmers are given a 5 minute break halfway through practice to use the bathroom, refill water bottles, get different goggles, etc. Outside of that 5 minute break, swimmers are full participants in practice.

In the case of a swimmer with an identified issue, the swimmer and coach will work together to formulate a plan that makes necessary accommodations while ensuring the most participation possible.

5. 100% Effort, 100% Engaged at Every Practice

Swimmers will give their best effort in everything we do in practice, physically and mentally. Elite swimmers are elite in practice, not just meets. Swimmers will not only give maximum effort physically, but will be focused on the task at hand and engaged mentally.

6. Make Choices Outside the Pool that Support Your Goals in the Pool

Swimming at this level demands a great deal from you physically and mentally. A crucial piece to your success in the pool is making the right decisions in the time we are not in the pool. Some of these variables are out of your control (school and family obligations, etc). Set yourself up for success by managing the other, more controllable aspects of life- things like nutrition, hydration, proper rest and recovery.

7. Make only positive contributions to our program at every practice

Swimmers will be supportive of all Starfish teammates, regardless of age, gender, squad or site.

They will be respectful of coaches, teammates, and our rental facilities, in which we are guests. Swimmers will refrain from using inappropriate language. Swimmers will be respectful to officials and competitors at meets, and always display great sportsmanship.

Starfish Senior I Squad Guidelines



Age Requirement

Swimmer must be 13 years old by January 1st, 2018.

Squad Objectives

Senior I is for swimmers who are developing their skills while acclimating to Senior training. The primary focus of this group is to develop the swimmers technique while building their training capacity. The goals of this squad to excel at both Silvers and Long Course Championships, while training to qualify for Gold Championships and finals at Long Course Championships.

Skill Requirements

Swimmer must be capable of completing an uninterrupted 500 yard swim. The swimmer must be legal in all four strokes for a minimum of 50 yards.

Practice Requirements

Senior I swimmers are required to attend at least 3 practices a week during season. If the swimmers is participating in a school sport, their coach needs to be notified and should be attending a minimum of 1 practice per week. If the swimmer is unable to attend the required practices due to conflicts or health, the family must notify their swimmers coach and make sure the head coaches' are aware.

Meet Requirements

During the Short Course season, Senior I swimmers are required to attend a minimum of two meets and are required to participate in a minimum of two days of either Silver or Gold Championships(if qualified). During the Long Course season, Senior I swimmers are required to attend a minimum of one meet and are required to participate in a minimum of two days of Long Course Championship. In the event these requirements cannot be met, the family must contact their swimmers squad coach, along with the teams co-head coaches to discuss the conflict.

Swimmers Goals(Please add specific goals to back)

Short Term Goals

Long Term Goals

Swimmers Signature: _____

Date: _____

Parents Signature: _____

Date: _____

Coach Signature: _____

Date: _____

Starfish Senior II Squad Guidelines



Age Requirement

Swimmer must be 13 years old by January 1st, 2018.

Squad Objectives

Senior II is for swimmers who are refining their technique while training at the Senior Level. The primary focus of this squad is to develop advance skills and train at a high level. The goal of this squad is to excel at both Golds and Long Course Championship while working towards qualifying for Region I, Speedos and Senior Zones.

Skill Requirements

Swimmers must also be able to complete 200 Yards of Backstroke and Breaststroke and 100 Yards of butterfly and 500 free in competition. Swimmers must also have achieved 3 or more of Starfish Time Standards.

Test Set: 10 x 100 @ 1:30

Practice Requirements

Senior II swimmers are required to attend at least 5 practices a week during the season. If the swimmers is participating in a school sport, their coach needs to be notified and should be attending a minimum of 2 practice per week. If the swimmer is unable to attend the required practices due to conflicts or health, the family must notify their swimmers coach and make sure the head coaches' are aware. If a swimmer is unable to complete the workout on a given day, due to prolonged absence or injury, the swimmer may be sent to work with Senior I or sent home for the day.

Meet Requirements

During the Short Course season, Senior II swimmers are required to attend a minimum of three meets and are required to participate in a minimum of two days of either Silver or Gold Championships and attend Region I's if qualified. During the Long Course season, Senior II swimmers are required to attend a minimum of two meet and are required to participate in a minimum of two days of Long Course Championship. In the event these requirements cannot be met, the family must contact their swimmers squad coach, along with the teams' co-head coaches to discuss the conflict.

Swimmers Goals(Please add specific goals to back)

Short Term Goals

Long Term Goals

Swimmers Signature: _____

Date: _____

Parents Signature: _____

Date: _____

Coach Signature: _____

Date: _____

Starfish Senior III Squad Guidelines



Age Requirement

Swimmer must be 13 years old by January 1st, 2018.

Squad Objectives

Senior III is for swimmers looking to further develop their technique and train to be an elite swimmer. The goal of this squad is to get every member to excel at Sectional Championships with the aspiration to qualify for national and international competitions. Swimmers must also have achieved 3 or more of Starfish Time Standards.

Skill Requirements

Swimmers must be able to compete in 200 Yards of all four strokes, 400 Individual Medley and 1650 Free.

Test Set: 8 x 100 @ 1:15

Practice Requirements

Senior III swimmers are required to attend at least 6 practices a week during the season. If the swimmers is participating in a school sport, their coach needs to be notified and should be attending a minimum of 3 practice per week. If the swimmer is unable to attend the required practices due to conflicts or health, the family must notify their swimmers coach and make sure the head coaches' are aware. If a swimmer is unable to complete the workout on a given day, due to prolonged absence or injury, the swimmer may be sent to work with an appropriate group or sent home for the day.

Meet Requirements

During the Short Course season, Senior III swimmers are required to attend a minimum of three meets and are required to participate in a minimum of three days of Gold Championships, Region I's and Speedos. During the Long Course season, Senior III swimmers are required to attend a minimum of two meets and are required to participate in a minimum of three days of Long Course Championship. If a senior III swimmer is qualified, they are expected to attend the highest level meet the team is attending that season. In the event these requirements cannot be met, the family must contact their swimmers squad coach, along with the teams' co-head coaches to discuss the conflict.

Swimmers Goals(Please add specific goals to back)

Short Term Goals

Long Term Goals

Swimmers Signature: _____

Date: _____

Parents Signature: _____

Date: _____

Coach Signature: _____

Date: _____



Albany Starfish Swim Club

Albany Starfish Senior Standards

Senior Standards SCY						
Senior I	Senior II	Senior III	Events	Senior I	Senior II	Senior III
35.00	28.76	25.89	50 Freestyle	35.00	25.99	23.99
1:20.00	1:01.17	55.99	100 Freestyle	1:15.00	56.99	52.59
3:00.00	2:12.47	2:02.09	200 Freestyle	2:50.00	2:05.09	1:55.39
6:40.00	5:55.11	5:27.89	400 / 500 Freestyle	6:00.00	5:39.59	5:13.49
13:00.00	12:15.76	11:18.69	800 / 1000 Freestyle	12:30.00	11:52.69	10:57.89
23:00.00	20:35.55	18:52.19	1500 / 1650 Freestyle	23:00.00	19:42.29	18:11.29
1:40.00	1:08.41	1:01.19	100 Backstroke	1:30.00	1:01.49	56.79
3:30.00	2:28.91	2:12.49	200 Backstroke	3:10.00	2:15.79	2:05.29
1:50.00	1:18.88	1:10.59	100 Breaststroke	1:40.00	1:10.49	1:05.09
3:45.00	2:51.80	2:31.89	200 Breaststroke	3:35.00	2:33.79	2:21.89
1:40.00	1:07.61	1:00.89	100 Butterfly	1:30.00	1:01.19	56.49
3:30.00	2:39.36	2:14.99	200 Butterfly	3:10.00	2:17.99	2:07.39
3:30.00	2:30.98	2:16.09	200 Individual Medley	3:10.00	2:19.39	2:08.69
6:50.00	5:20.15	4:49.89	400 Individual Medley	6:30.00	4:57.99	4:35.09

***Swimmers must have 3 qualifying times in order to enter a group**