



Clovis Swim Club – Advanced Age Group Parent Meeting – September 2020

- I. Introductions
  - a. Mark Bennett, Head Age Group Coach / Gold – West Side ([coachmark76@gmail.com](mailto:coachmark76@gmail.com))
  - b. Jordan Capper, Silver – West Side ([exumtwitch@gmail.com](mailto:exumtwitch@gmail.com))
  - c. Blake Adams, Bronze – West Side ([mblakeadams429@gmail.com](mailto:mblakeadams429@gmail.com))
  - d. Debra Wells, Advanced – East Side ([debrawells@cusd.com](mailto:debrawells@cusd.com))
  
- II. The Goals of Advanced Age Group
  - a. **Endurance**
  - b. **Efficiency**
  - c. **Every Time**
  
- III. Coaches' Expectations
  - a. Communication
  - b. Equipment
  - c. Attendance
  - d. Hydration
  - e. Nutrition
  - f. Behavior
  
- IV. Season Outlook
  - a. Practices
  - b. Meets
  - c. Breaks, Absences, and Vacations
  
- V. Parent Support
  - a. How to support your athlete
  - b. How to support your team
  
- VI. Q&A

## Goals of the Advanced Age Group Track:

- Begin to communicate one's personal, individual feelings, needs, and concerns to coaches, parents, and other applicable adults as it relates to progress and enjoyment in the sport.
- Find a balance between hard work, intense focus, and having fun in practice.
- Build a strong aerobic base.
- Exhibit the capacity to utilize prescribed breathing patterns and techniques while swimming with intensity.
- Be supportive and mutually respectful of all teammates, coaches, and staff.
- Master start and turn skills; such as: legal turns, excellent streamlines, utilizing underwater dolphin kicking, and refraining from breathing on the first stroke following a free or fly turn.
- Dryland training goals: develop "movements not muscles," strengthen everything "fingertips to toenails," and "bullet proof" swimmer's joints and other areas of typical concern.
- Race every age appropriate event offered during the season, and develop a healthy attitude toward trying new events.
- Strive to qualify for and represent Clovis Swim Club in finals of championship meets; such as, Junior Olympics, Southwestern Age Group Regionals, and Age Group Zones.
- Learn to set and achieve appropriate short and long term goals.
- Understand that effort and attitude at practice (both in the pool and in dryland) is important and integral to success in competition.
- Learn to measure and understand heart rate and how it relates to overall performance.
- Master pace clock skills, including personalized intervals and being able to time one's own self.
- Understand the role that physical maturation plays in the process of athletic achievement and how that relates to each individual's personal improvement.
- Improve stroke efficiency and ability to maintain technique and stroke count for greater distances in all four strokes.
- Have an accessible knowledge of one's own best times, important time goals and paces, and desired time standards.
- Understand the concepts of warm-up and warm-down and effectively execute proper techniques independently.
- Consistency in technique and focus and ability to apply it to competitive situations.
- Understand how components of practice fit the season plan and the overall long term training process: warm-up, pre-sets, drills sets, racing skills, aerobic sets, threshold, race pace, games, and recovery.
- Learn to work together with teammates to create a stronger training group, by developing a healthy competitive atmosphere.
- Learn from failure and setbacks at practice and competition and learning how to create positive learning opportunities from difficult situations.