

## **SWIM TEAM PHILOSOPHY AND GROUP "STRUCTURE"**

The Woodmoor Waves offers training and practice groups for swimmers of all ages and ability levels. The Swim Group "Structure" is based on Long Term Athlete Development (LTAD) principles which enable every swimmer to maximize their long-term potential. The group structure also takes into account USA Swimming recommendations and the Woodmoor Waves team size.

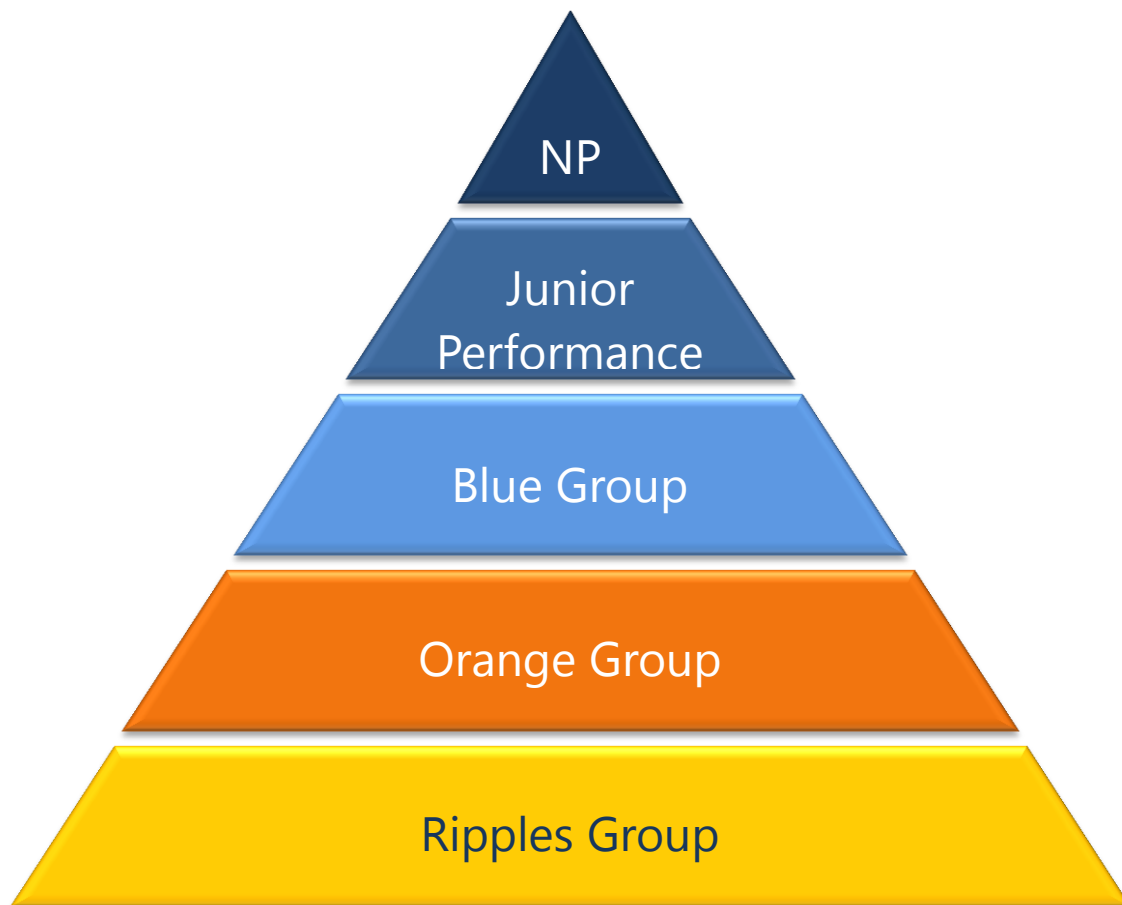
Swim groups have been carefully aligned to insure progression in skills and training abilities and provide an environment athletes find stimulating and enjoyable.

The assignment of an athlete to a group is, in most cases, based on the athlete's meet and practice attendance, commitment to the sport, coachability, and attitude to training and contribution to group dynamics, personal organization and recent performance levels in competition.

Each group has an annual competition (meet) plan that maximizes the swimmer's performance. Swimmers are not allowed to enter meets outside of the annual competition plan. Only under exceptional circumstances will the Woodmoor Waves Head Coach permit a swimmer to attend a meet outside of their competition plan.

Group movement normally takes place in December, March and August. Interim group movements can also be made at the discretion of the Head Coach. If the criteria outlined below are not maintained then a swimmer may be moved to a different group to meet their needs. "Potential" relates to the training ability, technical ability, attitude and aptitude of the swimmer.

The current swim groups include:



Group Name	National Performance
Designed with the intention of providing the curriculum and atmosphere necessary for success at all levels of national and international competition.	
<b>Criteria</b>	<ul style="list-style-type: none"> <li>• Sign &amp; adhere to Swimmer Code of Conduct</li> <li>• Attend the required number of sessions</li> <li>• Age 13+ (talented swimmers may be fast-tracked)</li> <li>• Priority 1 – Sectional / Zone Qualifying Time</li> <li>• Priority 2 - Within 3% of a Sectional / Zone Qualifying Time</li> <li>• Priority 3 - State Qualifying Time + Potential</li> <li>• Head Coach Discretion</li> </ul>
<b>Development Strategy</b>	<ul style="list-style-type: none"> <li>• Physical conditioning - High volume, increasing intensity</li> <li>• Advanced technical &amp; tactical skills</li> <li>• Specific strokes or distances</li> <li>• Individualization</li> <li>• Core body strength, flexibility &amp; suppleness</li> <li>• Warm-up &amp; cool down protocol</li> <li>• Advanced mental preparation pre, during &amp; post competitions</li> <li>• Double / triple / multiple periodization</li> <li>• Fun</li> </ul>
<b>Sessions</b>	<ul style="list-style-type: none"> <li>• 14 &amp; under: 6 per week</li> <li>• 15 &amp; over: 7 per week</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• Qualifying swimmers are expected to be available for / enter: <ul style="list-style-type: none"> <li>- <i>Sectional / Zone Championships</i></li> <li>- <i>State Championships</i></li> <li>- <i>All Meets as directed by coach</i></li> </ul> </li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Zone / Sectional Champion / Medalist / Finalist / Qualifier</li> <li>• State Champion / Medalist / Finalist</li> </ul>
<b>Coach</b>	Rob Blundell

<b>Group Name</b>	<b>Supplemental Training</b>
	<p>Swimmers participating in supplemental training can participate for up to four months in a twelve month cycle (see dates below) before being required to join the Waves team. Swimmers are responsible for monthly dues consistent with the group they are joining, USA Swimming member fees and must be a member of the Monument Hill Country Club. Swimmers participating in the supplemental training program will be expected to compete in USA Swimming meets with the Waves team.</p> <ul style="list-style-type: none"><li>- Men 11/1 to 3/1</li><li>- Women 9/1 to 11/1</li></ul> <p>Participation in the supplemental training group is subject to lane availability and Head Coach discretion.</p>

Group Name	Junior Performance
Intended for age group swimmers that have the goals of pursuing their swimming career as far as possible.	
<b>Criteria</b>	<ul style="list-style-type: none"> <li>• Sign &amp; adhere to Swimmer Code of Conduct</li> <li>• Attend the required number of sessions</li> <li>• Age 10-14</li> <li>• Priority 1 - State Qualifying Time + Potential Zone Qualifying Time</li> <li>• Priority 2 – Within 3% of a State Qualifying Time</li> <li>• Priority 3 – Silver State Qualifying Time + Potential</li> <li>• Head Coach Discretion</li> </ul>
<b>Development Strategy</b>	<ul style="list-style-type: none"> <li>• Aerobic conditioning</li> <li>• Fitness &amp; technical training</li> <li>• Refinement of specific technical skills</li> <li>• Focus on training - high volume, low intensity</li> <li>• Commitment to training</li> <li>• Specific competition targets</li> <li>• Introduction to tactical preparation &amp; mental skills</li> <li>• Optimize hydration &amp; nutrition</li> <li>• Flexibility and suppleness</li> <li>• Own body weight land training</li> <li>• Double periodization</li> <li>• Character development</li> <li>• Fun</li> </ul>
<b>Sessions</b>	<ul style="list-style-type: none"> <li>• 12 &amp; under: 5 per week</li> <li>• 13/14: 6 per week</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• Qualifying swimmers are expected to be available for / enter: <ul style="list-style-type: none"> <li>– <i>State Championships</i></li> <li>– <i>Silver State Championships</i></li> <li>– <i>All Meets as directed by coach</i></li> </ul> </li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• State Champion / Medalist / Finalist / Qualifier</li> <li>• Silver State Champion / Medalist / Finalist / Qualifier</li> <li>• Meet the criteria for squad progression</li> <li>• Complete set of long-course &amp; short-course PB's</li> </ul>
<b>Coach</b>	Rob Blundell

Group Name	Blue Group
Provides an increasing volume of aerobic and medley training.	
<b>Criteria</b>	<ul style="list-style-type: none"> <li>• Sign &amp; adhere to Swimmer Code of Conduct</li> <li>• Attend the required number of sessions</li> <li>• Age 9 - 14 yrs.</li> <li>• Priority 1 – Silver State Qualifying Time</li> <li>• Priority 2 - Potential Silver State Qualifying Time</li> <li>• Head Coach &amp; Coach Discretion</li> </ul>
<b>Development Strategy</b>	<ul style="list-style-type: none"> <li>• Aerobic conditioning</li> <li>• Fitness &amp; technical training</li> <li>• Refinement of skills</li> <li>• Competition targets</li> <li>• Introduction race strategy &amp; mental skills</li> <li>• Introduce hydration &amp; nutrition</li> <li>• Flexibility and suppleness</li> <li>• Fun</li> </ul>
<b>Sessions</b>	<ul style="list-style-type: none"> <li>• 3 to 4 per week</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• Qualifying swimmers are expected to be available for / enter: <ul style="list-style-type: none"> <li>- <i>Silver State Championships</i></li> <li>- <i>All Meets as directed by coach</i></li> </ul> </li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Silver State Qualifying Times</li> <li>• Meet the criteria for group progression</li> <li>• Complete set of short-course</li> <li>• Personal Bests (PBs)</li> </ul>
<b>Coach</b>	Denise Gardiner

Group Name	Orange Group
This is the introductory group where the focus is on skill development, technique and fun!	
<b>Criteria</b>	<ul style="list-style-type: none"> <li>• Sign &amp; adhere to Swimmer Code of Conduct</li> <li>• Age 12 &amp; under</li> <li>• Able to swim 200 yards using a mixture of freestyle and backstroke without stopping</li> <li>• Able to execute basic tumble turns and touch turns</li> <li>• Able to execute basic stroke drills</li> <li>• Able to execute a basic backstroke and track start</li> <li>• Attend the required number of sessions</li> <li>• Head Coach &amp; Coach Discretion</li> </ul>
<b>Development Strategy</b>	<ul style="list-style-type: none"> <li>• Competitive skills</li> <li>• 4 Stroke skills</li> <li>• Swimming starts, turns &amp; finishes</li> <li>• Speed, power &amp; endurance</li> <li>• Sculling &amp; feel of water</li> <li>• Warm-up &amp; cool down</li> <li>• Rules &amp; ethics of swimming</li> <li>• Single periodization</li> <li>• Well-structured programs &amp; progressions</li> <li>• Disciplined &amp; consistent swimming behaviors</li> <li>• Lane etiquette and the foundations of interval training</li> <li>• Fun</li> </ul>
<b>Sessions</b>	<ul style="list-style-type: none"> <li>• 3 per week</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• Qualifying swimmers are expected to be available for / enter: <ul style="list-style-type: none"> <li>- <i>all meets as directed by coach</i></li> </ul> </li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Meet the criteria for group progression</li> <li>• Complete set of short-course</li> <li>• Personal Bests (PBs)</li> </ul>
<b>Coach</b>	Denise Gardiner

Group Name	Ripples
	<p>The Ripples group is designed to teach swimmers the fundamentals of swimming in a relaxed but energetic atmosphere. As part of this group, swimmers are introduced to all aspects of stroke development. Our coaches will teach and develop the techniques for all four competitive strokes, as each swimmer learns good balance, proper breathing techniques beginning with the basics.</p>
<b>Criteria</b>	<ul style="list-style-type: none"> <li>• 10 and younger</li> </ul>
<b>Development Strategy</b>	<ul style="list-style-type: none"> <li>• Introduction to swim in a relaxed environment</li> <li>• Fun</li> </ul>
<b>Sessions</b>	<ul style="list-style-type: none"> <li>• 2 per week</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• Not Required</li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Learn fundamentals of the 4 swim strokes.</li> </ul>
<b>Coach</b>	Denise Gardiner