**ARAC Senior Team Meeting**

**April 1, 2019**

**Season Outlook**

* Rule # 1 -

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* Senior Email List
* Senior SMS List
* Meet Registration
	+ Deadline is tonight!
* Practice Schedule
	+ Attendance – SR % for SC was about 60%
		- 5x per week
		- Saturdays
	+ Promptness
		- Drop-off at 5:45pm, 7:15am on Saturday
		- Pick-up at 8:45pm, 9:45am on Saturday
	+ Respectful of facility, students, coaches, staff
* Dryland
	+ Monday & Wednesday, 6:00-6:30pm
		- In water – 6:45-8:30pm
	+ Coach Sean Mahon
	+ Indoors
		- Hallway, Bleachers, On Deck
	+ Equipment
		- TRX
		- Agility Ladders & Hurdles
		- Jump Ropes
		- Battle Ropes
		- Medicine Balls
		- Plyo Boxes
		- Physio Resistance Bands
* Team Stretching-Wetland-Video-Meetings
	+ Tuesday-Thursday-Friday, 6:00-6:30pm
	+ On Deck
		- Swimsuits
		- T-shirt & shorts
		- Swim bag w/ equipment
		- Yoga Mat
		- Shammy
* Long-Course Training
	+ Wesleyan University or Norwalk ZEUS, time TBD
	+ Thursday, May 23, Thursday, May 30, Thursday, June 20
* Equipment Bags
	+ Bring starting Monday, April 8
	+ (storage?)
* ***Preliminary*** Meet Schedule
	+ SAQ Distance and Qualifier – April 26-28 (UCONN)
	+ CDOG Distance and Qualifier – May 17-19 (Cheshire)
	+ MAC Distance and Qualifier – May 31-June 2 (Wesleyan)
	+ CAC Distance and Qualifier – June 21-23
* Open Water Meet
	+ Eastern Zone Open Water Championship – June 29
		- 2K & 5K
	+ ARAC Team Day @ Lake Quassy
* Championship Schedule
	+ CT Swimming Regional Championship – July 12-14 (Site TBD)
		- Must compete in at least (1) meet to qualify
		- Time standards TBD for 100s, 200s, and up for 12/U
		- Time standards TBD for 200s and up for 13/O
	+ CT Swimming Senior Championship – July 18-21 (Wesleyan)
		- Time standards TBD
			* Open to All Ages
	+ CT Swimming Age Group Championship – July 25-28 (Cheshire)
		- Time standards TBD
			* 10/U
			* 11-12
			* 13-14
	+ WHAT Summer Showcase (Not on schedule – July 26-28 @ Wesleyan)
		- No Time standards
		- Open only to swimmers who do not qualify for AGs or Zones
			* Must have exemplary attendance
	+ Eastern Zone Senior Zone Championship – August 1-4 (Buffalo, NY)
		- Time standards TBD
			* Open to All Ages
	+ Eastern Zone Age Group Championship – August 7-10 (Richmond, VA)
		- Time standards TBD
			* 10/U
			* 11-12
			* 13-14
			* 15-18
		- Bus trip with CT Swimming (mandatory)
			* Must achieve a minimum of (2) cuts

**Training Outlook**

We will be including (5-6) 3-week training cycles this long-course season, depending on which Championship Meet you are focused on.

Each cycle will include (5) 3-day mini-cycles which build in volume and intensity.

Mondays will focus on aerobic base freestyle training & technique.

Main stroke work will alternate Tuesday/Thursday & Wednesday/Friday.

Saturdays will be dynamic, based on where we are in each training cycle.

* Phase I – Creating Good Habits (April 1-20)
	+ Lane Etiquette
	+ Dives & Send-offs
	+ Streamlines & Underwaters
	+ Breakouts w/out breath
	+ Finishes
	+ Posture/Line/Balance
	+ Distance per Stroke (Stroke Length)
	+ Tempo (Stroke Rate)
	+ Stroke Drills
	+ Exhaling/Inhaling
	+ Stroke Count
	+ Breath Count
	+ Kicking Technique, Timing & Rhythm
	+ Energy Systems
		- Review Sheet
	+ Heart Rate Monitoring
* Phase II – Creating a Training Base (April 21-May 11)
	+ Distance Race Pace
* Phase III – Stroke Specificity (May 12-June 2)
	+ Mid-Distance Race Pace
* Phase IV – Race Specificity (June 3-23)
	+ Sprint Race Pace
* Phase V – Regional Perfection/SR-AG-Zone Maintenance (June 24-July 14)
	+ Focus, Power & Recovery
	+ Mid-Distance & Sprint Race Pace
* Phase IV – SR-AG-Showcase-Zone Perfection (July 15-August 4)
	+ Focus, Power & Recovery

Team & Individual Goals

* Calendars
	+ Individual Season Plan
		- Practice Schedule
		- Meet Schedule
		- School Schedule
		- Activity Schedule
		- Vacation Schedule
		- Doctor Appointments
		- Sickness & Injury
* Time Charts
	+ Geared toward short-course times
		- Will post at practice
		- Used for motivation
		- Used for specific race-pace training
			* Must know target 25 splits for 100s
			* Must know target 50 splits for 200s & up
	+ Will create long-course chart as we approach meet schedule
* Season Race Chart
	+ Will pass out when entries are accepted.
* Goal Sheets
	+ Please turn in by Friday, April 5
	+ Purpose of goals is for motivation at practice!