**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!