

WEEKLY UPDATE

Senior Development Group

PRACTICE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:15 - 5:15p (swim) 5:30 - 6:30p (dryland)	5:45 - 6:45a (swim) 3:15 - 5:15p (swim)	3:15 - 5:15p (swim) 5:30 - 6:30p (dryland)	5:45 - 6:45a (swim) 3:15 - 5:15p (swim)	3:15 - 5:15p (swim)	7:00 - 9:00a (swim) 9:30 - 10:30a (dryland)	OFF

○ Schedule Notes

- We will be on normal practice schedule this week.
- In the event of a Warrick County snow day, I encourage all swimmers to attend practice at the Downtown YMCA. The snow day YMCA schedule is as follows:
 - Monday / Wednesday / Friday = from 1:30 - 3:00p
 - Tuesday / Thursday = from 1:30 - 2:30p

UPCOMING MEETS

- TYR Sports Invitational
 - February 2 - 4
 - Cincinnati, OH
 - This is a prelims / finals meet that uses qualification standards. If you do not qualify for the standard, you will be unable to participate in the meet. At this meet, we will be able to narrow down which races we will compete in at State and Divisionals.
 - Our goal is to have everyone return for a second swim in each of their races.
- SISC Conference Championships
 - February 23 - 25
 - Jasper, IN
 - This is a prelims / finals meet that is open to all of our swimmers. It will be a great opportunity for our Creatures to show how much they have improved throughout the year.
 - **BE SURE TO RESERVE YOUR HOTEL ASAP** as rooms are going fast!

UPCOMING EVENTS

- Girl's IHSAA Sectional Prelims / Finals
 - Dates = February 1 & 3
 - Go and cheer on our high school Sea Creatures as they compete for the opportunity to swim at the high school State meet!
 - We are in need of a few swimmers to volunteer their time to help with walking our athletes out on Saturday during the finals session. Please contact Coach Kyle or Kristy Porter if you are interested.
- Boy's IHSAA Sectional Prelims / Finals
 - Dates = February 15 & 17
 - Go and cheer on our high school Sea Creatures as they compete for the opportunity to swim at the high school State meet!

BEING COACHABLE

- We as a staff want to encourage those who are able to embody the 3 aspects of our mission statement. This week, I would like to recognize Ryan Feller for his ability to accept feedback.
 - Ryan has something that most athletes lack: the ability to listen when being coached. Ryan not only takes what he is told to heart, but he also begins applying it immediately.
 - A week or so ago, I told Ryan to swim his Freestyle like he was swimming on a surfboard; he was supposed to avoid “touching the surfboard” so that he wouldn’t cross his midline when taking a stroke. Since then, his Freestyle has been smoother and more efficient.

KYLE'S CORNER

○ Snow Day Blues

- After our week long snow day, it will take a little bit of time for everyone to get readjusted to our training cycle. However, I do not intend to let up on the reins. I plan on pushing the swimmers even harder to make up for what we missed last week, so tell them to come to practices with the best attitudes.

LOCKER ROOM USAGE

- The coaching staff has received multiple reports regarding people moving and hiding objects in the locker room.
- If this behavior continues, all locker room privileges will be revoked.
- Tips for how to keep your belongings secure:
 - Keep your belongings in your bag and place your bag in a locker. You may use a lock on a locker; however, it must be removed each evening.
 - Change in the locker room and then take your stuff out with you to the pool deck.
 - Do not leave your items, particularly valuables such as phones and watches, in the open.

GROUP EXPECTATIONS

○ Practice Habits

- It is our mission to create not only great athletes but great leaders and role models out of your children.
- To ensure we develop our kids in these areas, members of our groups will have new expectations from our staff. Here are the expectations for Senior Development athletes:
 - As a member of Senior Development, I will
 - Be a positive influence to all around me
 - Be willing to listen to and follow instructions
 - Treat my peers and coaches as I would like to be treated
 - Strive to improve each and every day
 - Avoid talking during group meetings or when a coach of another teammate is speaking

NSC COMPETITION GOALS

- What is the goal?

- We would like to send two relays of each gender and age group to the Age Group and Senior State Championships this winter.
- Of the two relays, we would like for our “A” relay to place in the top 5 at the meet.

- Why this goal?

- Our staff created this benchmark for three reasons: Sending two relays to state demonstrates the depth of talent in a team.
- We wanted to find a way to increase the level of healthy competition among teammates.
- Relays are a great way to get kids that do not have state cuts in individual events to this meet. The experience of competing at this meet often inspires kids to dream big.

- How will we get there?

- Swimming 50s of stroke to see who the fastest 8 swimmers are □ Compete in relays in future meets
- Post top 10 times for 50s of stroke in weekly updates and on the pool deck
- Send motivational times via email and post at pool