

# 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)	NSC Relay Sprintacular Warmup: 10:30	OFF

## ○ Schedule Notes

- There are no new schedule changes this week.
- This Saturday is the NSC Relay Sprintacular. Remember to sign up on the website to confirm your commitment and have an idea in your mind of what events that you want to compete in. Senior Development swimmers will be in at least 2 relays.

# UPCOMING MEETS AND EVENTS

- NSC Relay Sprintacular
  - February 10
  - Newburgh, IN
  - This will be the last home meet that we host. Each swimmer will be swimming a combination of 5 events. Coaches will be notifying the swimmers that will be participating in relays.
- 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!
- 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!

# MATURITY

- 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 Lauren Matuscak, Madelyn Porter, Elle Dewees, Logan Anderson, Chloe Plank, and Caleb Beaven for their ability to take responsibility for their actions.
  - During the week, I noticed that some of our swimmers were not practicing at the correct intensity and seemed “zoned out”. I took responsibility for how they were performing, but I also told them how important it was to practice with the goal of getting better, not by taking the easy route.
  - The swimmers listed above all came up to me at the conclusion of practice and apologized for how they were performing. These athletes have yet again shown me that they are going to grow into great adults and leaders in the years to come.

## KYLE'S CORNER

- As our season begins to come to a close, I am going to shift our practice focus to more race pace sets.
  - For example, we will be doing 5 x 50 @ :50 while holding 200 pace (if goal is 2:00, the race pace would be :29 - :30 from a push).
- I have noticed that the swimmers are still seeking more of a challenge when training, so as the amount of yards we do in practice decrease, I will make their race pace and goal time times faster. This will force them to increase their intensity to make up for the lack of yardage.

# 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