

Parent Meeting

Senior Program

Coaches

John Hulvey

Matt Pavlik

Marisa Gaynor

Margarita Czupryn

Josh Stidham (Mornings)

Marc Shahboz (Sunday)

Communication via email is the preferred way to contact Coach John – john@gatorswimclub.com

Our 2021-2022 season was a good one, there were a lot of positives as well as things that I think we can work on to be better. The small restructure that we did within the Senior Program was really to line up our groups to where we can staff them better, have the group together more often, and create an environment that fosters competition and challenges. We continued our tradition of being one of the USA's top programs with Silver Medal status as we keep making strides to returning to Gold Medal status (Top 25) in the future.

Our 2021 fundraiser was very successful, we were able to purchase 6 of the Destro Power Towers a long with repair and replace some of our loaner swim gear. This year, we look to do another Swim-a-Thon with the goal of picking up a time delay camera and television system that can aid with regular feedback of our swimmers in both Age Group and the Senior Program.

Strength

Small Group Flex Private Groups lead by Coach Marisa through the fall during HS Season.

Swimmers should schedule one to two lifting sessions per week.

Conducted at Swim Tech – www.swimtechgainesville.com

Ideal schedule would be utilizing Tuesday, Thursday, Saturday (try to avoid double days).

Nutrition and Hydration – [Quick Nutrition Guide](#)

Our high intensity training and rigorous schedule will require planning and execution.

While nutrition requirements vary by the individual, here are some rough numbers:

Caloric intake should be around 3,400-4,000+ on single days

Double days slightly higher with additional protein after morning.

About 30% of the caloric intake should come from heavy protein sources.

There is a 20minute window after a workout an athlete needs to eat to refuel the body

Missing this window can have negative affects and slow recovery.

Packing a protein bar in your swim bag (and eating it) is the easiest solution.

Hydration is a key to success. This isn't just at practice.

Take a refillable water bottle to school.

Drink a minimum of 36oz of water during your school day.

For a two hour practice, it is recommended to bring a bottle of water and

a diluted bottle of a sports drink for the second hour of practice.

Poor hydration leads to:

Increased use of glycogen and higher core temperature
Decreased ability to create new muscle growth and skeletal fatigue
Pain in joints (shoulders, knees, etc)

Above all else, realize that the needs of your athletic swimmer are going to be different
The rest of the family, in particular the adults making the food, wont need as much.
The three meals a day plan most families are on isn't enough for a Senior athlete.

60+ swimmers in the Senior Program

3 Groups

Pre Senior

Senior State

Speed

National Development

Senior National

Practice

Show Up – on time, with your gear, with a positive attitude.

Listen Up – when coaches are talking, you're listening. Work to understand first time.

Work Hard – give the mental and physical effort it takes for the set you're in.

Respect Your Team – teammates, coaches, chaperones. Essential for culture.

Team Before Me Attitude

Attire

Gator Swim Club attire only at swim meets. Be in the right shirt on the right day.

Culture isn't created in a day, but by continuity.

Team caps at all practices and events.

No High School or other USA Swim Team logos in the pool at practice or meets.

Punctuality

Be early to all practices and meetings. This is something that is important.

Shows you care

Values the team time

Doesn't take away from others to catch you up

Ealy is 10 minutes minimum.

Help set up equipment, get your water filled, etc.

Work

Honor your team with effort.

In a largely individual sport, your effort at practice is as a team.

High work ethic is contagious, as well as low work ethic.

Respect the team culture the coaches are creating.

Our Team Rules are there to foster the growth of our team culture.

Our team culture is there to push our swimmers into being more competitive.

The more competitive swimmers we have, the better our team.

Respect the Facilities

We are blessed to have a great facility and a lot of people working to keep it that way

Pick up all trash and workouts. Throw away in proper bins.

Intentional vandalism of facilities will result in harsh penalties.
Neglectful use of team equipment will have replacement fees placed on account
Take pride in your pool!

Communication

Weekly Briefing

Each week, the Senior Program will receive a quick message for the next week.

Promoting the Young Adult

Swimmers will be the lead communicators to their coaches.

Parents will be updated via email and GroupMe as well.

We are looking for the swimmers to start taking ownership in the Senior Program.

Email is the first line of communication in the modern swim team.

Sponsorship

Speedo

We use our team contract to keep the Senior Program dues low.

Example:

We have groups running 3-5 practices per week at \$100.

We have 6-9 practices per week, plus drylands, at \$150.

Our subsidized group fees outweigh any sales you may find online.

Speedo Tech suits should be the ONLY suits worn at Championship meets.

All-American

This is our team store. You can contact All-American to get our team discounted suits.

All GSC members get 25% off MSRP Speedo Tech Suits. Junior National qualifiers receive 40% off. You do not have to purchase your Speedo suits through this site, if you see one on sale for a better deal elsewhere.

Season Plan

Monthly swim meets are our goal, but we also understand life happens.

Do your absolute best to not miss a meet that is designated as:

Target – in season meets but important for Championship prep.

Championship – why we are coaching and practicing day after day.

Fall season.

November 12-13 – Target Meet (TBA but probably Ocala)

December 2-4 – Target Meet (Gator Classic in Ocala this year)

Spring season

TBA after Florida swimming releases master calendar. Champs are listed online.

Tips for a Successful Age Group Career

Long Term over Short Term

It is vital that swimmers and parents buy in to a long term goal. The Gator Model is getting a swimmer to be READY for high level collegiate swimming. That doesn't mean that we think that is the long term goal of every swimmer in our program! We are trying to instill these skills:

Accountability

Respectfulness

Attendance

Punctuality
Communication
Hard Work
Skill Set (Water)
Skill Set (Weight Room)

We want our swimmers to have these skills (hopefully before they graduate!) and the earlier they do, then the swimming really starts to take off.

Coaches are working to create these skills just as much as their butterfly skills. And this is a real thing: the earlier these swimmers get the above skills the easier it is for them to pick up their speed and technique in swimming.

Swimmers should strive towards their group goals and form realistic season goals with their group coach. Being Top 10 in the country at 10 is great, Being Top 10 as a Junior in high school can be life changing.

Learning at an early age how to handle school and swimming. Being a Student-Athlete and learning time management is a skill that will be necessary to be a successful Senior and Collegiate athlete. Finding ways to stay ahead and not fall behind to miss practice is essential. Cramming for tests the night before is a sign on not being prepared and using time effectively day to day.

The Burn Out Factor

I have heard this term a lot through my career, but honestly, it is a combination of a lot of things that make sense when you break it down.

I once heard from a great Australian coach how he saw it:

If you aren't all in, you are going to be frustrated and burn out.

If you are dedicating yourself to a 50-75% buy in, attendance, meets, etc. it is still a huge time commitment. You are still missing family activities, staying up late doing homework, and all that goes along with being an athlete.

However, you aren't going to reap the rewards and accomplishments (times) that the swimmer that is 80-100% in. The older your swimmer gets, the more this is defined in times, groups, etc.

Then it becomes frustrating to the swimmers, parents, and even sometimes coaches, with where the 50-75% swimmer is after years of being in the water. This frustration usually culminates with the swimmer finding something else to do with their time or they end up becoming a seasonal swimmer.

Swimming isn't 'fun' anymore, not because swimming practice has changed, or they have lost friends, or the coaches, but because their reward system in swimming (times) has stopped progressing.

This is true even of your top level athletes and when they decide it is time to retire and hang it up, their reward system isn't being fulfilled anymore (times) compared to the amount of work they are putting in. It becomes less fun, and less appealing.

Parent Meeting

Age Group

Coaches

Erin Condon

Alyssa Padyjasek

Alex McDonald

Stacey Huber

Emma Grimm

Sarah Grimm

Josh Stidham

Isaac Davis

Sam Quintero

John Hulvey – can answer programing questions or other questions if Age Group staff defers.

2021-2022 we had some real positives in our age group program, and we also saw where we can get better. Our numbers are starting to grow again after the 2020 dip, and we are excited to see the new faces! On a whole, we are a little behind where we'd like to be on the competitive side and we are looking to make sure we keep pushing for our swimmers to come to practice regularly, have some goals set, and compete early and often in the season to get prepared for championship season!

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Coach Erin is our primary contact for Age Group related questions. Meets, practice, group move ups, etc. Email is the best form for these questions, Erin's email is erin@gatorswimclub.com.

Our other coaches are definitely available to provide feedback but this should be done through Coach Erin as most of our assistant coaches are not full time and responsible for answering emails on personal time. Quick questions and inquiries of coaches can be made before and after practice, but if you think it would be longer than a 4-5min conversation, it is best to set up a meeting as the primary job of the coach during practice hours is to organize and present practice to the swimmers.

Team and Group communication is handled largely by email. Your Team Unify accounts can accommodate multiple emails, so feel free to add all family members (only one can be the log in email). Emails can come from our Admin, Christie, Coach Erin, or Coach John. Please be sure to read the updates and newsletters that are sent with meet entry deadlines, practice and facility changes, as well as pertinent information to your swimmer regarding nutrition, sleep, etc.

Quick Facility and Team Practice Guidelines

The pool is the coach's classroom, please remember that all interaction with the swimmers during practice should be from the coaches. Also, a reminder that we ask parents to be cognizant of video and

photography. We have a lot of swimmers in the pool, so you aren't just getting your swimmer, be sure that there aren't any images taken from behind the block side of either pool.

Weather changes by the pool we are at. Anytime we are at Northeast Pool and we have inclement weather we will try and wait out the weather as long as possible. If our return looks to be less than 20minutes left of practice, we will end early and send the swimmers home.

For practices at the University of Florida, our Orange, Silver, and Gold practices post 7pm are subject to ending early if we have bad weather in the area as we don't have indoor access after 7pm.

In the event of bad weather in the area, we expect parents to pick up their swimmers upon release. Please take a look at the forecast and plan accordingly.

Please do not use the team locker rooms – that is for athletes only. Our coaches also will not utilize these locker rooms. 90% of the days we have access to the restrooms in the Gate 3 lobby. On days that the balcony is closed, our spectators will need to utilize the Stadium or off site restrooms. We appreciate your cooperation with this as it reflects new USA Athlete Protection guidelines and yes, we know it is inconvenient.

Balcony spectating is open during 90% of our practices. When there is an event that closes that access, we post these on our website calendar, parents are welcome to bring a chair and set up against the bleacher walls. Please do not sit on the side of the pool. Please be thoughtful of the first bullet point, the pool deck is the coach's classroom.

Clinics and Lessons

We have worked out with a few of our older pro swimmers the addition of a few clinics for the 2022-2023 season. We will have more information shortly, but this will be a good opportunity for our White-Blue Groups to start, and we will see about expanding that in the near future. These will be held on Saturday mornings, and will be a specific skill set each time (starts or turns). We will put together a sign up for it, just to make sure it is of a manageable size. More info will be sent out in the next week on this.

Shortly, SwimTech (where our seniors do dryland) will start offering video review lessons for swimming as well as opportunities to work one on one with a Gator Coach on skills. These will be booked through the SwimTech website www.swimtechgainesville.com and can be an invaluable form of feedback in addition to everyday practice. Swim Tech has an endless pool style pool that has been installed along with underwater and above water camera set ups.

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