

T2 Aquatics 2019-2020 Season

Technique & Training Group Information Sheet



Ages 9-13

Group Description: Athletes must have a legal 25 Freestyle with proper side breathing and 25 Backstroke, both with good body position. This group works primarily on stroke instruction while introducing training sets into practice sessions. There is no attendance requirement for this group, but athletes will improve more quickly, and make more friends (which will make them want to come more!), the more often they attend practice. 2-3 practices a week are recommended for regular improvement. Coaches have final discretion on group placement. Almost all meets for the Technique & Training group are local (Naples/Ft. Myers).

Goals of the TnT Group:

1. Athletes understand how important it is to be respectful of coaches and teammates.
2. Acquire a solid foundation of the 4 competitive strokes and strive to improve stroke technique, starts, turns, and streamlines.
3. Athletes will be introduced to basic training sets and will work towards mastering the basics of the pace clock.
4. Foster a love of the pool – both practice and competition.
5. Athletes are encouraged to attend 2-3 practices a week.

Group Specific REQUIRED Equipment:

- **Goggles** (All athletes use these, mirrored or dark colored lenses are the best for outside swimming)
- **Finis Floating Fin** (We use these almost every day at practice)
- **Arena Kickboard** (We use these almost every day at practice)
- **Swim Mesh Bag** (Swimmers use this to keep their fins, kickboard and sometimes goggles and cap in. Wet stuff goes in here so it dries easily.)
- **Practice Suit** (Practice suits should be an appropriate training suit – no board shorts or SPF shirts should be worn.)
- **Racing Suits:** All athletes must have an Arena Black “Team Suit” for competitions. These suits are worn at all Non-Championship meets. The following are the only types approved: **Girls Ages 6-18:** Madison (thick straps) or Master (thin straps). **Boys Ages 6-18:** Sky (brief style) or Jammer (just above knee length) suits for boys. All come with a T2 logo.
 - *Note: T2 has a “fit kit” in the office to try on suits for the Madison, Master, Sky, Jammer suits. It is highly recommended that you try on a suit before ordering due to sizing of the Arena Brand swim suit.*
- **T2 Team Cap** (You get one of these when registering for the year. Athletes with long hair should wear them at practice and meets. T2 Aquatics strongly encourages all athletes to wear them at meets. Only T2 Team Caps may be worn at practice or meets.)
- **T2 Team Meet Shirts:** 1 Blue and 1 Gray Team T2 Meet Shirts. New athletes can pick up Required Team T Shirts from Maria Sunyak maria@t2aquatics.com in our pool office starting the week of August 19, 2019. Returning swimmers can order replacement T Shirts via our online Apparel Store.
- **2019-2020 Parking Pass for the Community School/Norris Pool:** All athletes can pick up your parking passes from Maria Sunyak maria@t2aquatics.com in our pool office starting the week of August 19, 2019.

Other Recommended Equipment:

- **Water Bottle** (Cuts down on interruptions to the practice)
- **T2 Team Arena Backpack** (This is a larger than normal backpack that is great for holding extra clothes, shoes, jackets, towels, goggles, caps. This is a very popular item for athletes on the team since they are big and have special pockets for wet items.)
- **T2 Team Hoodie** (This is great to have for meets and practices when the temperature drops a little bit. Having the hood for your head is awesome!)

- **T2 Team Parka** (This is a very long jacket that athletes can use in the winter. It is great to cover up quickly after practices and during meets.)
 - **Note:** *You can order bags and parkas through Augusta Swim Supply via our team store on their website. You can order hoodies through our online T2 Apparel Store.*

**All Practice Equipment, Team Suits, Tech Suits, or other Apparel can be ordered from either Augusta Swim Supply or the T2 Apparel Store: [EQUIPMENT & APPAREL LINK](#)

“Clean Deck”

Parents are welcome to stay at the Norris Pool during practices, but are asked to remain under the pavilion area at the pool. We feel that this will promote the best environment for the swimmers as they work on improving their attention to the coaching staff and the tasks at hand. Even the youngest swimmers should work on navigating their way through swim practice. At times a well intentioned parent can distract a swimmer as well as a group from the task at hand. We would like all of our swimmers to work on becoming confident self reliant swimmers. At T2, we strive to help the swimmers do this. If a parent needs to relay a message to the coach email always works if it is a quick update about practice attendance or if you have a question about meets. If needed, we can set up a time to talk that won't take us away from the athletes on the pool deck. A lot of times the swimmer can tell the coaches anything that needs to be relayed (even 8 year olds!).

Meet Schedule

T2 Aquatics aims to have a meet for swimmers on the team every 3-6 weeks, depending on the time of year and the swimmers training and competition schedule. The meet schedule is posted on our website. If you are ever unsure of which meets are for which swimmers, please email a coach. Swim meets are a very important part of what we are doing at T2 Aquatics and participating is encouraged.

Meet Attendance – What If I Am Unable To Attend A Meet or Certain Days of a Meet?

T2 Aquatics has a schedule of meets and a list of groups that attend each meet posted on our website under “Events”. Some of the meets have specific qualifying times – so be on the lookout for those standards. If you can attend the meet, great! T2 Aquatics is geared towards competitive swimming and having young athletes attend these meets. If you cannot attend a meet please log into your account on www.t2aquatics.com to Opt Out.

Each meet will have a deadline to Opt Out. Once we send the entries to the host team, we usually cannot adjust the entries. There is a fee for each swim meet and may be different depending on the type of meet. **Opting out of meets is up to YOU.** The meet schedule will be up on the T2 website for months in advance and will also be included in email communication.

To Use the “On Deck” App:

1. Sign In
2. Tap the Menu
3. Tap Events
4. Tap Events & Meet Entries
5. Find the meet, Tap Declare
6. Tap Members Name
7. Select “No”
8. Tap Save to complete the process

To Use our Website:

1. Sign In
2. Click Events & Competitions
3. Click Team Events
4. Find the meet and click “Attend/Decline”
5. Click Members Name
6. Select “No”
7. Click Save to complete the process