



Iowa City Eels Swim Club

Morays

Group Description:

Prepares swimmers age 13 and older to train and advance at the high school level and beyond. Morays swimmers are guided to reach their full potential and consider the prospect of swimming at a collegiate level. Morays should aim to swim in every meet they can attend, and are required to swim in all Championship meets targeted and discussed in seasonal goal meetings. Practices emphasize connecting performance and routine, including the importance of stretching, nutrition, recovery, and mindset. Swimmers are expected to contact a head coach if they are playing another sport, cannot regularly attend dryland sessions, or will not meet the minimum number of workouts for a given week.

Practices:

2 hours long; 20-40 minute dryland component 2-3 times per week, as assigned

Expected to attend 4 to 5 practices per week, as indicated by the head coach

Full equipment set, swim cap, and water bottle required

Workout clothes & tennis shoes for dryland sessions

Morays should not do any weight training outside of supervised high school training, or with the expressed permission of the head coach

Meets:

- Swimmers are expected to play an active role in their event selection each season. Morays are required to set up a goal meeting with the head coach to plan a meet schedule.
- Morays are expected to follow through with race reviews and assigned warm ups / cool downs, display race mentality & genuine sportsmanship, and begin memorizing personal best times & related seasonal goals
- Morays should be prioritizing championship meets as a part of their seasonal schedule, and avoid conflicting events involving other sports or activities.
- Morays are required to participate in all qualified/seeded Championship meet swims, relay and individual, per the head coach's discretion

*Final decisions regarding group placement are up to the head coach, without exception