



Iowa City Eels Swim Club

Waves

Group Description:

Serves as an introduction to longer term training goals and higher levels of competition. Waves swimmers have developed a broader sense of relative skill and experience through sports or other activities, the average age being 11 to 14. Waves are encouraged to swim in every meet they can attend, and required to swim in all Championship meets targeted and discussed in seasonal goal meetings. Practices place a strong emphasis on reinforcement of training standards and introducing race strategies. 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:

90 minutes long; 20-30 minute dryland component 2-3 times per week, as assigned

Expected to attend 3 to 4 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

Waves 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. Waves are required to set up a goal meeting with the head coach to plan a meet schedule
- Waves 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
- Swimmers should expect to compete in all four strokes regularly, and familiarize themselves with Silver, ISI State, and Central Zones qualifying times relative to their personal bests and seasonal goals
- Waves should be prioritizing championship meets as a part of their seasonal schedule, and avoid conflicting events involving other sports or activities

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