**Blue Group**

**Technique**

* All strokes legal and proficiency level above average
* Understands pulse training
* Understands stroke count
* Understands relationship between DPS, stroke rate, and swimming speed (velocity)
* Able to maintain stroke rate and times in training sets
* Understands ascend, descend, DPS, negative splitting, and pacing
* Ability to maintain stroke rate and times in training sets
* No breathing of starts and turns
* Legal 100’s & 200’s of all strokes (in multiple numbers)
* Legal 200 IM (ability to train in multiple numbers)
* Breaststroke pullouts mandatory
* 6 fly kicks on fly, back, and free off walls
* Bi-lateral breathing on freestyle
* Relay Starts
* Completes a 200 of each stroke with correct breath control, stroke count, and underwater kicks

**Knowledge**

* Sets short term and long term goals with coach
* Understands his/her season plan
* Understands race strategy and proper race prep and warm down
* Learns positive mental attitude
* Practices visualization and relaxation
* Pace clock and interval training mastery
* DPS
* Understands relationship between personal commitment level and results
* Safety responsibilities
* Know all advanced stroke drills required
* Know all best times

**Nutrition**

* Water bottles at practices and meets
* Demonstrates proper pre-meet meals
* Eats healthy snacks both at meets and at school
* Aware of supplement dangers at such a young age
* Aware of alcohol and drug dangers
* Understands a healthy diet

**Time Management**

* Swimming is a high priority
* Attends minimum of 75% of scheduled practices required for retention in Blue Group (16/mo.)
* Adjusts schedule to maximize training ability
* Athletes or parents are asked to email of phone coach prior to an absence
* Children should be prepared 15 minutes prior to warm-ups for meets and practice
* Uses the concept of time management in regards to homework and chores at home
* Swimmer/Parent will turn in appropriate team paper work in a timely fashion
* Learning to avoid procrastination and plan ahead

**Stress Management**

* Prioritizes school work, social activities, and other commitments including swimming
* Controls emotions at practices and meets
* Understands practice and meet performance
* Understands work vs. reward relationship

**Time Frame**

* 11-15 years old
* 90-120 min workouts
* 6 offered per week
* Must have prior competitive experience

**Training**

* 8x100 free on 1:20 (scy) for entry
* 5x200 IM on 3:10 (scy) for entry to group
* Yardage = 4000-6000 yards per practice
* Capable of repeating 50’s/100’s/200’s of all strokes, 200’s & up in freestyle
* Maximize performance on test sets
* Demonstrate willingness and consistency for challenging dryland and water training
* Goal of at least 80% practice attendance (16 per month)

**Competition**

* Attends as many Team scheduled USA-S meets as possible, decided with parent and coach
* Understands proper warm-up/warm-down procedures for each distance and stroke
* Competes at the highest level of competition qualified for at the USA-S level
* Practices with club during summer season
* 1-2 meets per month during summer season
* Ready for competition warm-ups and down at lane prior to start.
* Prepared for success
* Demonstrates proper meet prep and planning
* Importance of staying warm, hydrated, focused, and relaxed
* Demonstrates race strategies and correct race prep

**Sportsmanship/Spirit**

* Respectful to coaches/officials, Thanks them
* Lane leader
* Understand lane etiquette
* Encourages teammates
* Knows all team cheers and lead them (Extra, Extra, Read all about it, we’re the best team and there’s no doubt about it, heard it on the radio, see it on the news, were team NACS and we just can’t lose)
* Congratulates opponents (win or lose)
* Proper meet behavior, Character above all else

**Social Skills**

* Accepts corrective feedback from a coach and understands they are critiquing the individual skill and not the individual person
* Swimmer is not influenced by the actions of others
* Understands and takes responsibility for attendance, performance, and practice habits and how these relate to meet performance
* Positive leadership behavior
* Respects self, teammates, coaches, others, and the facility
* Thanks coaches everyday
* Initiates communication with coach

**Team Commitment**

* Wears team cap and apparel at meets
* Helps out at NACS hosted meets
* Cheers with and for teammates
* Helps pick up pool deck
* Spreads the word about the team to other friends not on the team
* Wears team shirts to school on Team Day
* Knows one Olympian/world record holder in his or her best events
* Knows some history of the NACS Team
* Positive role model for team and for the sport
* Promotes USA Swimming and IN Swimming