

PRACTICE GROUPS & SCHEDULE

(for Spring/Summer 2022 season)

NASA Wildcat Aquatics is divided into several levels - Developmental, Cubs, Bronze, Silver, Gold, Platinum, Junior Wildcat and Wildcat - each of which focuses on teaching skills and strategies that are appropriate for that ability level. Swimmers will be placed into practice groups after the evaluation sessions. Swimmers are also evaluated on a daily basis by the coaches. If a swimmer needs to be moved up, the Head Coach will talk to the parents as well as the swimmer. This can happen during the season but most likely moves happen at the end of the season. The Head Age Group Coach will also formally evaluate swimmers 2/3 times per season.

******Placement in any group at NASA Wildcat Aquatics is at the sole discretion of the coaches******

The standards and tasks listed below are minimum requirements for consideration for each group. Beyond these standards, coaches will consider practice attendance, meet attendance, social skills and attitude, leadership skills, group size and their own judgment in making final decisions.

DEVELOPMENTAL

Coaches: Alex Cramer, Jeff Frydenlund, Megan Mardy

Contact Person: Coach Alex at alexdavies1986@outlook.com

Practice time: Monday through Friday - 4:30-5:15pm at Life Time Northbrook

Requirements to join the group:

- Must be able to swim 25 yards Free (with proper side breathing) and 25 yards Back
- Must have legal Breaststroke and/or Butterfly
- Must be able to properly breathe in water

Season goal: Swim 50 yards each of freestyle, backstroke; 25 yards of legal Butterfly and Breaststroke and with proper technique for the level; properly perform a dive.

Practice Attendance Expectation: 2/3 times per week – but the more the better!

Meet Attendance Expectation: 2-3 meets

CUBS

Coaches: Alex Cramer, Jeff Frydenlund, Megan Mardy

Contact Person: Coach Alex at alexdavies1986@outlook.com

Practice time: Monday through Friday - 5:15 – 6:00pm at Life Time Northbrook

Requirements to join the group:

- Must be able to swim 100 yards Freestyle, 100 yards Backstroke, 50 yards Breaststroke, and 50 yards Butterfly legally and with desired technique for the level.

Season goals: Improve stroke technique in all of the competitive strokes; build fitness level; train with intervals; use the pace clock efficiently

Practice Attendance Expectation: 3/4 times per week - but the more the better!

Meet Attendance Expectation: 3-4 meets

BRONZE

Coaches: Kate Mullen

Contact Person: Coach Kate at mullenkate00@gmail.com

Practice time: Monday, Tuesday, Thursday, Friday 4:30 – 5:15pm at NU

Requirements to join the group:

- Must be able to swim 200 yards of Freestyle, Backstroke, Breaststroke and I.M., as well as 100 Butterfly.
- Must know all the competitive strokes' turns
- Must be able to efficiently use the pace clock

Season goals: Improve stroke technique; build fitness level; train with intervals

Practice Attendance Expectation: 3-4 times per week

Meet Attendance Expectation: 4-5 meets

SILVER

Coaches: Alex Cramer, Jeff Frydenlund

Contact Person: Coach Alex at alexdavies1986@outlook.com

Practice time: Monday through Friday - 6:00-7:15pm at Life Time Northbrook

Requirements to join the group:

- Must have at least two years of competitive swimming experience
- Must be able to swim over 200 yards of each stroke and 200 I.M. at meets

- Must be able to swim 6x100 free on 1:50
- Must be able to kick 8x50 on 1:10

Season goals: Polish stroke technique, focus on endurance, qualify to at least one individual event to Regionals

Practice Attendance Expectation: 4-5 times per week

Meet Attendance Expectation: 5 or more meets

SENIOR

Coaches: Alex Cramer, Jeff Frydenlund

Contact Person: Coach Alex at alexdavies1986@outlook.com

Practice time: Monday through Friday - 7:15-8:30pm at Life Time Northbrook. Optional dryland at Life Time through classes specifically for 12-18 year olds.

Requirements to join the group:

- Must be 13&O
- Show interest in the sport
- Have a goal of achieving Regional Cuts

Practice attendance expectation: 3-5 times a week

Meet attendance expectation:

Fall/Winter Season - all home meets (Blast Off, Fun in the Wild), 2 targeted meets TBD each season, any championship meets that a swimmer qualifies for (Regionals, Age Group States, Senior Champs)

Spring/Summer Season - all home meets (Spring Blast Off), 1 targeted meet TBD each season, any championship meets that a swimmer qualifies for (Regionals, Age Group States, Senior Champs)

GOLD

Coaches: Kate Mullen, Alex Cramer

Contact Person: Coach Kate at mullenkate00@gmail.com

Practice time:

Swimming 6:45 – 8:30pm Monday thru Friday: Saturday 10:30-12pm

Dryland: Tuesday & Thursday 6-6:45p

Requirements to join the group:

- Must be able to complete 3,000-4,000 yards practice
- Must have high commitment to competitive swimming (come to practice at least 5 times per week)
- Must be able to swim 15x100 free on 1:20
- Must be able to kick 10x50 on :55

- Must have Regional qualifying times

Season goals: Focus on long-term swimming improvement; swim in 5+ meets; swim at all Championship meets (if part of relays); qualify to at least one individual event at JO's; qualify to Regionals in multiple events

Practice Attendance Expectation: 5 times per week

Meet Attendance Expectation: 7 or more meets

PLATINUM

Coaches: Jeff Debettencourt, Jeff Frydenlund, Giacomo Gremizzi

Contact Person: Coach Jeff at jeff.debet@gmail.com

Practice time:

Swimming 6:45 – 8:30pm Monday thru Friday; Tuesday and Thursday
5:45-7:15am; Saturday 10:30 – 12pm

Dryland: Monday - Wednesday – Friday 6-6:45p

Requirements to join the group:

- Must be able to complete 4,000-6,000 yards with the time given in practice
- Must have high commitment to competitive swimming (come to a minimum of 5 practices per week)
- Must be able to swim 20x100 free on 1:15
- Must be able to pull 6x200 free on 2:40
- Must be able to kick 10x50 on 50 seconds
- Must have State Qualifying times and score at State level in multiple events

Season goals: Focus on long-term as well as short term swimming goals; swim in 85% of the available meets and all the Championship meets (if part of relays); qualify to at least 3 individual events at JO's; Final in a minimum of 1 event at JO's

Practice Attendance Expectation: 5-6 times per week

Meet Attendance Expectation: 7 or more meets

JUNIOR WILD

Coaches: Alessio De Rosi, Jeff Frydenlund, Giacomo Gremizzi

Contact Person: Coach Alessio derosi.alessio@gmail.com and Coach Jeff jmf_tri@yahoo.com

Practice time:

Swimming 4:45-6:45 Monday thru Friday; Tuesday and Thursday
5:45-7:15am; Saturday 9-10:30a

Dryland: Monday – Tuesday – Wednesday – Friday 5:30 – 6:30pm and
Saturday 8-9am

Requirements to join the group:

- Must be able to complete 5,000-7,000 yard practices with dryland training
- Must have high commitment to competitive swimming (95% attendance)
- Must be able to swim 15x100 on 1:10
- Must be able to pull 6x200 on 2:30
- Must be able to kick 10x50 on 50
- Must have JO's cuts

Season goals: Qualify to Senior State and Summer Sectionals; make the IL
Top 10

Practice Attendance Expectation: 6 times per week

Meet Attendance Expectation: all meets

WILDCAT

Coaches: Alessio De Rosi, Jeff Frydenlund, Giacomo Gremizzi

Contact Person: Coach Alessio derosi.alessio@gmail.com and Coach Jeff jmf_tri@yahoo.com

Practice time:

Swimming 4:45-6:45pm Monday thru Friday; Tuesday and Thursday 5:45-7:15am; Saturday 9-10:30a

Dryland: Monday thru Friday 5:30 – 6:30pm; Saturday 8-9am

Requirements to join the group:

- Must be able to complete 7,000 yard practice with dryland training

Season goals: Final at Senior State; prepare for collegiate swimming; qualify for Sectionals/Junior Nationals

Practice Attendance Expectation: 8 times per week

Meet Attendance Expectation: all meets

Commitment to the Team

NASA Wildcat Aquatics offers up to 8 practices per week in the winter season and up to 11 in the summer depending on the level of the team. Swimmers in the first levels are not required to attend every practice, but regular attendance will reinforce skills and help build endurance in the water. The coaching staff encourages swimmers to attend practice as often as they are able, particularly if they expect to swim well at meets. It is our hope that swimmers will enjoy practice and want to attend, especially as they become more competitive and confident about their swimming abilities.

MOVE UPS

Coaches assess swimmers on a daily basis and if they feel a swimmer is ready for a greater challenge, they move him/her up to the next level. The swimmers will then “try-out” for a week in the new group and if all parts (swimmers and coaches) believe that it is a good fit, the move is made permanent. No additional fees are assessed to the family if the move is made during the season.

QUICK FACT: swimmers learn at their own speed. Coaches fully acknowledge and respect this concept and hope that parents do the same.