



# NASA WILDCAT AQUATICS

~ Training Groups: DESCRIPTION ~



	COACHES	CONTACT PERSON(S)	PRACTICE TIME	REQUIREMENTS	GOAL	EXPECTATIONS	
<b>DEV</b>	Jeff DeBettencourt	<a href="mailto:mullenkate00@gmail.com">mullenkate00@gmail.com</a>	Monday thru Friday 6:30 - 7:15PM	Must be able to swim 25 yards Free (with proper side breathing) and 25 yards Backstroke: Must have legal Breststroke and/or Butterfly	Swim 50 yards each of freestyle, backstroke; 25 yards of legal Butterfly and Breaststroke; properly perform a dive.	ATTENDANCE = 2/3 TIMES PER WEEK	
	Joe Agnew					<a href="mailto:derosi.alessio@gmail.com">derosi.alessio@gmail.com</a>	MEETS = 2/3 MEETS PER SEASON
	Calvin Gmytrasiewicz	Phil Andrew					
	Giacomo Gremizzi						
<b>CUBS</b>	Jeff DeBettencourt	<a href="mailto:mullenkate00@gmail.com">mullenkate00@gmail.com</a>	Monday thru Friday 5:30 - 6:30PM	Must be able to swim 100 yards Freestyle and Backstroke and 50 yards Butterfly and Breaststroke	Improve stroke technique of all 4 competitive strokes; Build fitness level; train with ntervals; Use the clock pace efficiently	ATTENDANCE = 3 TIMES PER WEEK	
	Joe Agnew					<a href="mailto:derosi.alessio@gmail.com">derosi.alessio@gmail.com</a>	MEETS = 3 MEETS PER SEASON
	Calvin Gmytrasiewicz	Phil Andrew					
	Giacomo Gremizzi						
<b>BRONZE</b>	Kate Mullen	<a href="mailto:mullenkate00@gmail.com">mullenkate00@gmail.com</a>	Monday thru Friday 5:30 - 6:30PM	Must be able to swim 200 yards Freestyle, Backstroke, Breaststroke and IM as well as 100 yards Butterfly: Must know all competitive turns and use the pace clock efficiently	Improve stroke technique: Build fitness level; Train with intervals	ATTENDANCE = 3/4 TIMES PER WEEK	
						MEETS = 3/4 MEETS PER SEASON	
<b>SILVER</b>	Jeff Frydenlund	<a href="mailto:jmf_tri@yahoo.com">jmf_tri@yahoo.com</a>	Monday thru Friday 5:30 - 6:45PM & Saturday 9-10:30AM	Must have 2 years of competitive swimming experiance; Must be able to swim 200 yards of all 4 competitive stroke and IM; Must be able to swim 6x100 Free on 2:00 minutes and 8x50 kick on 1:10	Polish stroke technique; Focus on endurance	ATTENDANCE = 4 TIMES PER WEEK	
						MEETS = 5 OR MORE MEETS PER SEASON	

<b>GOLD</b>	Kate Mullen	<a href="mailto:mullenkate00@gmail.com">mullenkate00@gmail.com</a>	Swimming: Monday thru Friday 6:45-8:30PM and Saturday 9-10:30AM Dryland: Tuesday & Thursday 6-6:45PM	Must be able to complete 3000-4000 yards practice; Must have high commitment to competitive swimming; Must be able to swim 8x100 Free on 1:40 and 10x50 kick on 1:00	Focus on long term swimming improvement; swim in all Champ meets (if part of relays); Qualify to at least one individual event at JO's and in multiple events at Regionals	ATTENDANCE = 5 TIMES PER WEEK
	Jeff DeBettencourt					MEETS = 7 OR MORE MEETS PER SEASON
	Calvin Gmytrasiewicz					
<b>PLATINUM</b>	Kate Mullen	<a href="mailto:mullenkate00@gmail.com">mullenkate00@gmail.com</a>	Swimming: Monday thru Friday 6:45-8:30PM; Saturday 9-10:30AM; Tuesday & Thursday 5:45-7:15AM Dryland: Monday, Wednesday & Friday 6-6:45PM	Must be able to complete 4000-6000 yards practice; Must have high commitment to competitive swimming; Must be able to swim 10x100 Free on 1:30 - Pull 4x200 on 3:00 and 10x50 kick on 55; Must have Regional qualifying times	Focus on long term swimming improvement; swim in 85% of available meets all Champ meets (if part of relays); Qualify to at least two individual event at JO's	ATTENDANCE = 5/6 TIMES PER WEEK
	Jeff DeBettencourt					MEETS = 7 OR MORE MEETS PER SEASON
	Calvin Gmytrasiewicz					
<b>JUNIOR WILD</b>	Alessio De Rosi	<a href="mailto:derosi.alessio@gmail.com">derosi.alessio@gmail.com</a>	Swimming: Monday thru Friday 6:45-8:30PM; Saturday 9-10:30AM; Tuesday & Thursday 5:45-7:15AM Dryland: Monday, Tuesday, Wednesday & Friday 5:30-6:45PM - Saturday 8-9AM	Must be able to complete 5000-7000 yards practice; Must have high commitment to competitive swimming; Must be able to swim 12x100 Free on 1:25 - Pull 5x200 on 2:50 and 12x50 kick on 55; Must have State qualifying times	Qualify for Senior State and make IL Top 10	ATTENDANCE = 6 TIMES PER WEEK
	Jeff Frydenlund					
	Andrew Marsh	<a href="mailto:jmf_tri@yahoo.com">jmf_tri@yahoo.com</a>				MEETS = ALL MEETS
	Giacomo Gremizzi					
<b>WILDCAT</b>	Alessio De Rosi	<a href="mailto:derosi.alessio@gmail.com">derosi.alessio@gmail.com</a>	Swimming: Monday thru Friday 6:45-8:30PM; Saturday 9-10:30AM; Tuesday & Thursday 5:45-7:15AM Dryland: Monday Thru Friday 5:30-6:45PM & Saturday 8-9AM	Must be able to complete 7000 yards practice.	Qualify for Sectionals & Nationals; Improve high school swimming; Prepare for Collegiate swimming	ATTENDANCE = 8 TIMES PER WEEK
	Jeff Frydenlund					
	Andrew Marsh	<a href="mailto:jmf_tri@yahoo.com">jmf_tri@yahoo.com</a>				MEETS = ALL MEETS
	Giacomo Gremizzi					