

New Trier Aquatics

Short Course 2018-2019

Senior Advanced

Lead Coach: Brendan Hulseman, Assisted By: Rob, Katie, Tyler, Marie

GROUP DESCRIPTION

Senior Advanced is the new mid-level group for the Senior Age Group. SA is a group that places emphasis on using progressive drills to continue fundamental development of the four competitive strokes and other competitive skills, while introducing a freshly specific training regiment.

COMPETITIONS

We expect that Senior Advanced swimmers compete in most meets available for SA swimmers, though it is not required. Coaches will enter swimmers in events they believe are appropriate for the swimmer and will not enter them in anything they are not ready for. When declaring your swimmer to compete in the meet, if they are only available certain days or must leave by a certain time, etc. please write that in the “Notes” section.

PRACTICE

We expect that Senior Advanced swimmers attend at least 60% of the practices offered. Of course, more consistent and frequent attendance will yield better results.

Swimmers are responsible for their own equipment, please make sure that each piece of their equipment is labeled boldly for easy identification. Coaches are not responsible for lost items. **Please contact the facility directly for any lost items.**

New Trier West: 847-784-6399
(Swim Office)

SAFESPORT

Please view the SafeSport drop-tab on NTA’s website for the most updated information regarding SafeSport basics, concerns, and courses for athletes, parents, and coaches. For more questions about SafeSport, please reach out to our Director of Personnel, Greg Hartman (ghartman@swimntsc.org).

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COMMUNICATION

Parent communication can be done via email (bhulseman@swimntsc.org), over the phone or in person. If you would like to speak on the phone or in person, please set up a time with me prior as I am juggling multiple responsibilities and would like to give you appropriate attention. Please note: unless there is an emergency I will not respond to emails when I am on deck (coaching), after practice or on a non-meet weekend. Thank you for your respect of my personal time.

PARENT LIAISON

The Senior Groups are lucky to have Grainne Bailey as our Parent Liaison. Grainne is here to help coordinate social events, our service projects, carpools, as well as be an extremely knowledgeable resource navigating your role as a swim parent. She will be sending out periodic informational emails. Grainne can be contacted via email (grainne.bailey@gmail.com).

Goal Meetings

I am a firm believer in framing the coming season through the use of Goal Meetings. We will be conducting goal meetings in the weeks ahead.

FAQ

What do I do if I cannot make a practice?

- If you are going to miss a practice you should first contact your coach. You should be getting in the habit communicating with your coach as it is essential to your success moving forward.

What do I do if I am playing another sport?

- Talk to your coach and come up with a plan that will enable you to be successful.

What do I do if I am going out of town?

- Talk to your coach and try to come up with a plan to train while you are away. While this is not a requirement, it is a good habit to get into so you can continue to move forward in the sport.