

Parent Meeting

1. Describe use of turning boards and how they are beneficial
 - a. 2 full lanes = 4 half lanes
 - b. Less children per lane = more attentive
 - c. More repetitions of turns (25's = 1 turn vs. 0, 50's = 3 turns vs. 1)
 - d. Easier to learn and practice skills shorter distances without fatigue
2. Discuss goals from curriculum
3. Discuss season roadmap
 - a. Different than Fall/Winter; choose several specific focuses rather than progression of skills to develop stroke (body position → kick → stroke → technical endurance → race model)
 - b. Body position and kick fundamental to swimming; primary focus initially and remain focus for full stroke swimming
 - c. Limited full stroke swimming; endurance through kick and breath control to avoid excessive fatigued swimming which leads to bad habits
 - d. Emphasis on push-offs (starts/turns, less full stroke swimming) and finishes (bad habits = DQ's, lazy finishes = lost time)
 - e. Practice structure
 - i. Primary stroke/skill focus entire week
 - ii. Warmup = some combination of aerobic kick, stroke review, skill review
 - iii. Skill focus (underwater streamline kicking, finishes, turns, starts)
 - iv. Stroke focus (backstroke, freestyle, butterfly, breaststroke)
 - f. "Fast Fridays"
 - i. Typically low attendance on Friday so many miss out on instruction
 - ii. Biggest group challenge is applying skills being learned to races at meets
 - iii. Simulate meet environment at practice (meet warmup, starting system, whistle procedure, race off blocks)
 - iv. ~15 minute meet warmup followed by several timed races with 2 goals (1 skill, 1 stroke); awarded points for beating previous time and accomplishing goals
 - v. Goals will be specific to focuses that week
 - g. Plan for each group
 - i. Skills (both groups)
 1. 2 weeks per skill
 2. Streamline underwater kick, finishes, turns, starts
 - ii. Teal
 1. 2 weeks = body position/kick (backstroke/freestyle)
 2. 1 week = freestyle head position
 3. 1 week = freestyle recovery/breathing
 4. 1 week = backstroke recovery (not pausing when hand at hip)
 5. 1 week = butterfly kick (strength/power)
 6. 1 week = butterfly timing/breath
 7. 1 week = breaststroke kick (propulsion)
 8. 1 week = FLEX
 - iii. Aqua
 1. 2 weeks = body position/kick (backstroke/freestyle)
 2. 1 week = freestyle head position
 3. 2 weeks = freestyle recovery/breathing

4. 2 weeks = butterfly legality
5. 2 weeks = breaststroke legality

4. Practice

- a. Arrive 5-10 minutes early, begins at start time (Aqua may start a few minutes late due to wrapping up with Teal)
- b. Being late = missed instruction/skill work and becomes distraction for coaches and lack of attention to swimmers)
- c. Equipment: goggles x2 (break often and either have to go without goggles or borrow), cap, kickboard (used frequently and with all groups)

5. Meets

- a. 9&over = Long Course (commitments passed), Narwhals (Summer)
- b. 8&under = Narwhals (Summer)