Cadet:

Explain my coaching philosophy:

1. Personal backstory
2. Why I make decisions? For the kids and/or for the team
3. My goal is to have the most successful adults 10 years from now. We are going to be process oriented. Fast swimming is a by product of doing the little things right. (Ray Lewis: Greatness is a lot of small things done well) (John Wooden: It’s the little details that are vital. Little things make big things happen)
4. Time management, work hard, team work
5. Talk about the process of swimming (blocks and a marble)
6. Coaches working with Cadet this year!
   1. Mike, Scott, JJ

* Reading emails is vitally important!!! \*\*\*Sandwich\*\*\*
* Cell Phones
* Expectations for kids and parents
* Caps (Team Caps ONLY!)
* Locker room’s: (7 min rule)
  + Lock up your stuff
* Royal and Cadet will be responsible for putting the lane lines in everyday if they are not already in!
* New Rules?
  + Suggested that Parents come in and watch practice every once in a while for 30 minutes or so.
  + Practice is over AFTER everything is cleaned up on the pool deck
  + This is your home, take care of it! (facility)
* Please talk with your kids about being safe at the pool (We look out for them but we cannot do that if they are leaving the building) Kids CANNOT roam the hallways of the school
* Safe Sport Training for all parents (takes about an hour) and it is great information for you to know.
* Social Media
  + Facebook: @blueeagleswimteam
  + Twitter: @BLUEswims
  + Instagram: @blueeagleswimming

Focus of our group will be to achieve perfect technique, and slowly add additional stimuli while maintaining technique.

* Development of all 4 strokes
* Should be able to complete a 100 of all 4 strokes (200 IM)
* Basic understanding of how a training set runs
* Starting develop and refine race plan
* No breathing first stroke (3/2)
* Minimum of 3 DK off each wall (3/2)
* Learning the basics of goal setting
* Introduction to Growth Mindset and positive perspective (getting over fear of failure)
* Introduction to floating and balance point
* Technical points of all of the turns
* Master using snorkel
* Learn intermediate training concepts such as Descending

Practice Monday, Wednesday this week, then Wednesday, Friday, and Saturday next week.

Meets: I’ll do the entries, but please put any suggestions in the notes box.

Equipment:

1. Goggles (2)

2.[Front loaded snorkel (Ylon-A)](https://www.swimoutlet.com/p/ylon-a-ysti-swim-snorkel-by-cordio2-41244/?color=10852)

[-Nose piece if needed](https://www.swimoutlet.com/swim-nose-clips-c9671/?rd=N&Search=nose%20clips) (Sporti, Speedo, Arena or TYR)

3. Mesh Bag

4. Water Bottle

5. Extra cap (in bag)

Some snorkels do come in sizes and she will want the children's size. I suggest the smaller size even for the big kids. There is a link above to my favorite snorkel, but some people don't find it very comfortable. The most important thing is to AVOID snorkels with chambers under the mouth piece, such as [This](https://www.swimoutlet.com/p/arena-swim-snorkel-7534751/?color=9325), and[This](https://www.swimoutlet.com/p/tyr-ultralite-swim-snorkel-elite-8182622/?color=210).  [This](https://www.swimoutlet.com/p/speedo-bullet-head-swim-snorkel-8114621/?color=43140), [This](https://www.swimoutlet.com/p/arena-swim-snorkel-pro-8132704/?color=36328), and [This](https://www.swimoutlet.com/p/ylon-a-ysti-swim-snorkel-by-cordio2-41244/?color=10852) will work just fine.

We will provide fins if we are going to use them. You can absolutely purchase some if you would like, but at that age they tend to grow out of them quickly so it's not a great investment. If you want to get some I would suggest one of the following: [Sporti](https://www.swimoutlet.com/p/sporti-floating-swim-fins-color-23059/" \t "_blank), [TYR](https://www.swimoutlet.com/p/tyr-flex-swim-fins-3471/), [Finis](https://www.swimoutlet.com/p/finis-floating-swim-fins-13413/" \t "_blank).

The longer practice will be a big adjustment for a large part of the group, so we will absolutely take that into consideration, and will ease them into it. Thank you for letting me know.

Have a great day!