



### **Vision**

The Naval Academy Aquatic Club produces athletes with the ability to compete at the collegiate and national level.

### **Mission**

The Naval Academy Aquatic Club is a competitive organization that inspires and empowers athletes to achieve excellence in swimming and water polo, and in life.

### **Coaching Philosophy**

NAAC coaching and training philosophy focuses on the long term improvement of the whole athlete. We want all of our swimmers to develop a life long love of the sport of swimming. How do we do that? By creating an environment where fundamentals, technique, teamwork and the development of life skills are the cornerstones of our program. The performance levels of our program have been established to support our athletes through each stage of their athletic and personal development.

We do our best to make each swimmer better, in some way, every day – not just in the pool but out of the pool as well. We expect our swimmers, coaches and parents to “live” our core behavioral standards of PRIDE. A NAAC member is always PREPARED, treats coaches, parents and teammates with RESPECT, acts with INTEGRITY, is DEDCIATED and acts with EXCELLENCE.

Success of swim programs can be measured in several ways. We believe that success past our program – in college and beyond – should be the standard we are measured against. We believe our program and the involvement in the sport of swimming provides our swimmers with the skills and discipline needed to help successfully navigate the road into young adulthood.

## **NAVAL ACADEMY AQUATIC CLUB**

### **Group Descriptions**

#### **Novice B:**

Group consists of the club’s beginner level, youngest age group swimmers. The main focus of this group is general skill and technique development. Swimmers will learn the importance of correct head and body position, a strong consistent kick, streamlining, and basic drills for each stroke as well as improved starts and turns. Coaches will instruct proper workout habits and behavior, lane etiquette and clock reading.

**Novice A:**

The main focus of the Novice A Group is increased skill and technique development. Swimmers will focus on proper stroke mechanics in all four strokes along with starts and turns. Swimmers will begin to understand the importance of correct head and body position, a strong consistent kick for all four strokes, streamlining and basic drills for each stroke. Coaches will instruct proper workout habits and behavior, clock reading and lane etiquette. Swimmers will learn the basics of sportsmanship, respect for their competitors, respect for coaches and for their teammates.

**Age Group:**

The main focus of the Age Group is increased skill and technique development. Swimmers will focus on proper stroke mechanics in all four strokes as well as starts and turns. Swimmers will have an understanding of the importance of correct head and body positions, use of a strong and consistent kick for all four strokes, and streamlining. Swimmers will be introduced to more advanced drills for each stroke. Swimmers will be introduced to basic goal setting, basic race strategies, and pacing. Swimmers will continue to learn about good sportsmanship, respect for their competitors, respect for coaches and for their teammates.

**Junior Group:**

The Junior Training Group consists of the club's most advanced and accomplished age group swimmers. Swimmers in this group strive to advance to the Senior Training Group and to achieve time standards that will allow them to compete at a regional level within USA Swimming. All previous technical instruction will be continued and advanced with an increased emphasis on more challenging aerobic and anaerobic training. Swimmers are exposed to more practice hours, distance swimming and higher levels of competition.

**Senior Training Group:**

The Senior Training Group consists of the club's elite senior swimmers. Swimmers in this group strive to achieve time standards that will allow them to compete at the regional and national level within USA Swimming. Advanced skill development will continue to be refined with an increased emphasis on challenging aerobic and anaerobic training. Leadership skills are introduced and expected to be implemented. Dryland conditioning is part of the training program. Swimmers are expected to attend most practices, all meets, and other mandatory events as they are setting an example for the rest of the team.

For more information regarding year round swimming, please visit USA Swimming's website – [www.USASwimming.org](http://www.USASwimming.org).