



NAAC AGE GROUP HANDBOOK 2019-2020

Congratulations and welcome to the NAAC Age Group, your bridge to purposeful swimming.

Swimmers in Age Group face special challenges as they make the crucial transition from Novice A to the Junior Group. The Age Group Training Group readies the swimmer for the club's more advanced and accomplished training groups. Swimmers in this group learn the fundamentals important to the achievement of a solid swimming technique and workout foundation that helps them achieve time standards that will allow them to compete at the state and regional level within USA Swimming. More importantly, the age group swimmer grows in maturity as they move from the Novice A swimmer, who looks to parents for everything from getting them to meets and practices, to managing their equipment bags and remembering their suit and goggles. They look to coaches to know their times, manage their intervals, and help them get to the block on time for their event at swim meets. In Age Group, the swimmer will take on many of these responsibilities on his/her own. The Age Group swimmer progresses to the Junior Group level where the swimmer takes ownership for things the Novice A swimmer takes for granted.

The Age Group swimmer learns to take on the challenge of being responsible for their performance. Swimming becomes purposeful! They learn lane etiquette, how to keep track of their own times, how to keep track of intervals, how to manage their equipment and prepare for practices and meets, how to get to their event on time, and they take ownership in their own swimming.

Being a member of this group is great accomplishment that is paralleled with a growing responsibility and commitment to the sport of swimming, not only by the swimmer, but from your entire family as well. This handbook is intended to help new and existing members of the group, parents included, understand the Age Group obligations, commitments and behavior expectations.

Age Group Description

The goal of the NAAC Age Group is to teach the skills and work ethic necessary to achieve competitive success at the state and regional level while creating a strong team environment that supports individual growth, sportsmanship and leadership skills.

As NAAC swimmers enter this group, training becomes more focused on State competitions and reaching athletic potential. A strong work ethic and team dynamic that will help prepare NAAC swimmers for the Junior Group is emphasized. The NAAC Age Group is an IM based program and our swimmers should expect to swim anywhere from 2,500-4,200 meters or more in any given practice. Age Group combines technique drills with aerobic and anaerobic training while teaching the swimmer to race.

A NAAC Age Group Swimmer applies Navy PRIDE to their actions.

Prepared: NAAC Age Group Swimmers are prepared. They understand the importance of being on time and are considerate of others time. They are responsible for having their equipment, log book, and goal and best times memorized. They come prepared to work hard and encourage their teammates to do the same. They have taken steps throughout the day to ensure they are successful at practice and meets (enough sleep, good nutrition, homework completed).

Respectful: Age Group swimmers are respectful to their teammates, competitors, coaches, officials and, most importantly, their parents. They use respectful language and behavior when at practice, meets and when near younger NAAC members. They are respectful of others' personal property. They respect and show appreciation for the support and time devoted to their success by parents and family members. They show a respectful use of social media where any topic or member of NAAC is concerned.

Integrity: NAAC Age Group swimmers act with honesty. They train with integrity and avoid behaviors that will knowingly harm or hinder their performance or that of others. They are honest in their communication with their coaches, teammates and parents.

Dedicated: NAAC Age Group swimmers are dedicated to their team, their sport and they understand that success isn't given; it is earned through consistency and hard work. They are willing to make the sacrifices that come along with being the best athlete they can be.

Excellence: NAAC Age Group swimmers strive to be the best they can be. Pat Riley said, "Excellence is the gradual result of always striving to do better." A NAAC Age Group swimmer helps to create an environment where excellence is expected by, "Acting with high intention, sincere effort and intelligent execution." - Aristotle

Age Group Expectations

Attendance: The expectation as an Age Group swimmer is that you want to be at every practice. The requirement is that you attend a minimum of 80%. Age Group members want to attend all meets on the schedule. Our Age Group

swimmers look at swimming in finals (should they qualify) as a privilege and an opportunity to improve.

Other Sports: You may participate in other sports but please make sure you adhere to the minimum attendance requirement for NAAC Age Group. Summer swimming with the Age Group program is optional, but encouraged. Summer League participation is also encouraged.

Best times and goals: Age Group swimmers have their best times and goal times memorized. You will be introduced to the use of log books and basic pacing and race strategies. The attached goal sheet is an example of how swimmers can write down and keep track of their goals. The log book will help swimmers track goals, favorite sets, favorite workouts, meet times, etc. Goals will not only be for times achieved, but will include process goals, such as always doing five dolphin kicks off the wall, not looking up on a breaststroke pullout, etc.

P.R.I.D.E. standards are in affect at all times; NAAC Age Group swimmers are expected to be **P**repared and on time, **R**espectful of all coaches, teammates and parents, to act with the utmost **I**ntegrity, to be **D**edicated to the team and to self, and lastly, strive for **E**xcellence on a daily bases.

Age Group Lane Leaders: Age Group Swimmers should strive to lead the lanes in which they swim.

Criteria for being considered for Lane Leaders:

Represents NAVY PRIDE:

- **Prepared:** Is prepared to work hard with a positive attitude and is on time for practice. Reinforces positive thinking on the deck and during practice among teammates. Encourages teammates during practices and meets.
- **Respectful:** Is respectful to coaches, teammates, parents and officials.
- **Integrity:** Acts with integrity, does not stop during sets or warm up. Sets a great example for all other Navy swimmers.
- **Dedicated:** Is dedicated and rarely misses practice
- Strives for **Excellence** in the water and out.
- Know how to read the clock and pay attention to intervals.
- Know the drills used by the group and be willing to help others do them correctly.
- Listen attentively to upcoming sets and be able to repeat them to other swimmers in your lane.
- Get in the water on time and start sets on time. Exemplify good lane etiquette at all times and encourage others to do so.

Equipment:

- Snorkel –Speedo Bullet Head Snorkel or equivalent
- Fins – short (or long fins cut to shorter length)
- Kickboard and Pull Buoy
- Log book

Appendix A

The following chart gives abbreviations and explanations of phrases used in writing down workouts. Swimmers should become familiar with this chart to make workouts flow more smoothly.

HOW TO READ AN NAAC AGE GROUP PRACTICE

Abbreviation	Description
S	Swim-Typically most swimmers resort to “freestyle” or “crawl” stroke during this, but swim truly means swim, just move through the water.
P	Pull-arms only (add a pull buoy in between your legs, if specified in the workout)
K	Kick-legs only (with a kick board, with fins, with zoomers, without kick board, so many options, will be determined by coach)
D	Drill: There are lots of drills to choose from, choose the ones that would benefit your stroke the best.
DPS	Distance Per Stroke: Maximize distance traveled per stroke without giving up speed. Greater efficiency. Lower stroke count.
IM	Individual Medley: This consists of all four strokes in the order of fly, back, breast, and freestyle.
FL	Butterfly
BA	Backstroke
BR	Breaststroke
FR	Freestyle
DES	Descend: Get faster on each one
BCX (e.g. BC3, BC5, or BC7)	Breath Count: Usually odd numbers so you are alternating sides that the breath is taken on. (BC3 = breathe every 3rd stroke) BC2R would be breathe every 2 strokes on the right side.
Broken	Broken swim – You break a longer swim up into smaller segments with rest in between so that you can practice swimming the longer distance at a race pace. Example: We often swim a broken 500 free by swimming 75 75 75 50 75 75 75 with 10 seconds rest between each. Take the total time it takes to swim this set, subtract 1:00 (accounting for the 6 times you took 10 seconds rest) and you can approximate your 500 free time
Ladder	You go up or down in distance
Pyramid	You go up and then down in distance, example 25 50 75 100 75 50 25.
SR	Seconds Rest – how much time you get to rest between swims. 15SR means 15 seconds rest
Build	Get faster as you swim a particular repetition. In a 4 X 100 Build you start the first 100 at a moderate pace, and then get faster as you complete it. The second, third and fourth 100 go back to the moderate pace and finish at the faster pace
DES	Descend – Make each repetition faster. So, in 4 X 100 DES, each 100 is faster than the one before it.
Leave on the top	Leave on the :00 (called the top because analog pace clocks have the :00 at the top of the clock face)
Leave on the bottom	Leave on the :30 (called the bottom because analog pace clocks have the :30 on the bottom of the clock face.)
Negative Split	The second half of the swim is faster than the first half.



Appendix E

NAAC AGE GROUP GOAL WORKSHEET

NAME _____

COACH _____

Fill in your best time and your goal time for this season. Personal best times can be found online under the *Results* link on our website www.NAAC.ws Remember to select the correct course (SCY or LCM)!

Freestyle Events		50	100	200	500	1000/1650
	Best Time					
	Goal Time					
	State/Sectional					

Backstroke Events		100	200
	Best Time		
	Goal Time		
	State/Sectional		

Breaststroke Events		100	200
	Best Time		
	Goal Time		
	State/Sectional		

Butterfly Events		100	200
	Best Time		
	Goal Time		
	State/Sectional		

Individual Medley Events		200	400
	Best Time		
	Goal Time		
	State/Sectional		

Appendix F

SPLITS

How to figure out your splits

FREESTYLE AND BACKSTROKE

100s – the first 50 should be about 1.5 seconds slower than your best 50 time.

The 2nd 50 split should be within 2 seconds of your first split.

Men	Women
50 free = 21.6 4 WR	50 free = 24.1 WR
100 free = 23.1 + 24.6 = 47.7	100 free = 25.6 + 27.1 = 52.7
WR = 23.32 + 24.52 = 47.84 (+1.2 difference)	WR = 25.73 + 27.69 = 53.42 (+1.96 difference)
100 back = 25.96 + 27.21 = 53.17 (+1.25 difference)	100 back = 28.86 + 30.72 = 59.58 (+1.86 difference)

200s – add 2-3 seconds to your best 100 time to get your first 100 split.

Then add 1-2 seconds to get your 2nd 100 split.

200 free = 48 + 3 = 51	200 free = 53.4 + 3 = 56.4
51 + 53 = 1:44.0	56.4 + 58.4 = 1:54.8
WR = 51.4 + 52.6 = 1:44.06 (+1.2 difference)	WR = 56.27 + 1:00.37 = 1:56.64 (+4.1 difference)
200 Back = 53.1 + 3 = 56.1	200 Back = 59.5 + 3 = 1:02.5
56.1 + 58.1 = 1:54.2	1:02.5 + 1:04.5 = 2:07.0
WR = 55.91 + 58.75 = 1:54.66 (+2.8 difference)	WR = 1:02.34 + 1:04.38 = 2:06.62 (+2.0 difference)

BREASTROKE & BUTTERFLY SPLITTING

100 events - add 1 – 1.5 seconds to your best 50 time to get your 1st 50 split.

Then add 2-4 seconds to get your 2nd 50 split.

200 events – Add 2-3 seconds to your best 100 time to get your 1st 100 split.

Then add 2- 5seconds to get your 2nd 100 split.

Women	Men
30.83 + 34.26 = 1:05.09 = WR (+ 3.4 difference)	27.9 + 31.4 = 59.30 = WR (+3.5difference)

200 Breast = 1:08 + 1:12 = 2:20	1:02 + 1:06 = 2:08
WR = 1:08.52 + 1:12.02 = 2:20.54 (+3.5 difference)	WR = 1:01.88 + 1:07.16 = 2:09.04 (+5.28 difference)
100 Butterfly = 23.51 + 26.89 = 50.40 (+ 3.3 difference)	26.6 + 30.0 = 56.6 (+3.4 difference)
200 fly = 54 + 58 = 1:52	1:00 + 1:04 = 2:04
WR = 54.9 + 59.0 = 1:53.93 (+4.1 difference)	WR= 1:01.19 + 1:04.42 = 2:05.61 (+ 3.2 difference)

Appendix G

Log Book

What Should Be Included:

- I. Motivational Times and State Cuts
- II. Best times
- III. Goal times
- IV. Process goals
- V. Meet results
- VI. Favorite Workouts or Sets/All Workouts
- VII. Favorite Drills
- VIII. Other Comments

Appendix H

Favorite Drills

Freestyle

- I. Single Switch Freestyle– Start out by kicking on your side with the bottom hand extended in front of you. The face should be turned up and the head pressing into the shoulder. The waterline should be on the forehead. The body should be up on the surface of the water and well balanced. Kick 10 times, turn the nose down to the bottom of the pool and start the recovery of the arm at your side. When it starts to pass the shoulder, rotate the body from the hips as you pull through with the lead hand . End up on your other side with the new lead hand in front, and then turn the nose up. Keep a steady kick going throughout the recovery and pull. Kick 10 times and repeat.
- II. Triple Switch Freestyle- Same as above but take three long strokes before turning the nose back up.
- III. 5-Switch Freestyle– Same as above, but take five long strokes before turning the nose back up.
- IV. Single Arm Freestyle– Unless otherwise specified, the arm that is not pulling stays at your side. The swimmer breaths to the opposite side from where they are breathing, and all rotation is driven from the hips. The pull starts when the nose is back at the center line looking down and the stroke does not cross the center line.
- V. The above drills can also be done with backstroke. The eyes remain up and the head stays still. Full rotation from the hips should be evident as the shoulder comes out of the water.
- VI. Rhythm – Two full strokes with one arm and then two full strokes with the other arm.
- VII. LA Combo – 3 strokes freestyle/4 strokes backstroke

Backstroke

- I. Triple Rotation (Robot) – The recovering arm comes up thumb first, stops when it is vertical, the arm rotates the thumb in and then out, the recovery continues and the pinky turns down so it enters the water first.
- II. Double Arm T – Double arm backstroke recovery with thumbs up. Stops when arms are vertical. Arms go out to the side making a T with pinky down, and then the arms finish the pull through.
- III. Double Arm Y – Double arm backstroke recovery with thumbs up. Stops when arms are vertical. Arms then continue to recover to a Y position with pinky down, and then pull through.
- IV. Steamline Kicking
- V. Kicking in the 11 position – Arms and hands make an eleven. Thumbs up and forearms and hands are slightly out of the water.
- VI. Single Switch, Triple Switch, 5-Switch – See V under Freestyle
- VII. Single Arm
- VIII. Rhythm
- IX. LA Combo

Butterfly

- I. Head Lead Pulsing (HeLP) – Also known as the turtle drill in Novice A.
- II. Hand Lead Pulsing (HaLP) – Also known as the Superman drill.
- III. Stone Skipper with face plant – Also known as face slammer drill.
- IV. 1/1 Butterfly/Breastroke – 1 stroke butterfly followed by 1 stroke breaststroke. Use a dolphin kick for both strokes, and don't breath on the butterfly.
- V. 2/2 Butterfly/Breastroke
- VI. 3/3 Butterfly/breastroke
- VII. 1-2-1-2 – Alternate left arm-both arms-right arm-both arms. Only breath on the double arm pulls. Make sure you are swimming single arm fly when pulling with one arm and you are not swimming single arm freestyle.
- VIII. Vertical Dolphin Kick

Breastroke

- I. Head Lead Pulsing (HeLP) – Also known as the turtle drill in Novice A.
- II. Hand Lead Pulsing (HaLP) – Also known as the Superman drill.
- III. 3 kicks/1 pull
- IV. 3 pulls/1 kick
- V. Breaststroke with 4 fast flutter kicks – One cycle of breaststroke followed by 4 fast flutter kicks. Working on setting the tempo and finishing the kick hard before starting the stroke.
- VI. 3 second glide – One cycle of breaststroke followed by a three second glide.
- VII. 2 up/2 down – 2 cycles of breaststroke followed by 2 cycles of breaststroke under water.
- VIII. High Heel Breaststroke Kick – Bring the heels up out of the water before starting your whip kick.