



NAAC Novice A HANDBOOK 2019-2020

Congratulations and welcome to the NAAC Novice A Group.

The main focus of the Novice A Group is to increase 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 and for their teammates.

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 Novice A obligations, commitments and behavior expectations.

Novice A Description

The goal of the NAAC Novice A group is to teach the skills and work ethic necessary to achieve competitive success at the local 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 competitions and reaching athletic potential. The NAAC Novice A Group is a stroke based program and our swimmers should expect to swim anywhere from 1,500-2,000 meters in any given practice. Novice A combines technique drills with aerobic training while teaching the swimmer the basics of racing.

A NAAC Novice A Swimmer applies Navy PRIDE to their actions.

Prepared: NAAC Novice A Swimmers are prepared. They understand the importance of being on time and are considerate of others time. 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). Some specific points for swimmers to remember about being prepared for practices include:

- You (not your parents!) are responsible for bringing cap, goggles, kick board and fins to practice every day. Coaches are not responsible for lost equipment.
- No one is allowed on the pool deck until a Novice A coach is present.
- Wear your swim suit out to the pool deck and leave everything else except equipment in the locker room. Remember to use the bathroom before practice begins.
- Go directly to your assigned lane and have cap and goggles on 5 minutes before practice begins. No running, loud voices or rough play whenever on deck.
- Once practice begins, always remember to circle swim to avoid collisions with other swimmers.
- In between sets, be ready to listen to your coaches' instructions by keeping one hand on the wall and head above water's surface.
- During stroke drills, it is important to go slow and focus on the technique being taught. Racing fast is for other parts of practice!

On being prepared for meets:

- Arrive at meets 15 minutes before warm-ups to get settled in our assigned seating area (this could be in a gym with your parents or on the pool deck with your coaches).
- Have suit, cap and goggles on 5 minutes before warm-ups. No other equipment is needed at meets. Your coaches will bring swimmers from the gym or pool deck when time for warm-ups.
- Bring healthy snacks and plenty of water to stay hydrated. Some meets can run longer than 4 hours. A folding chair, extra towels and a warm jacket or robe to wear between events are also recommended.
- Many meets have a clerk of course similar to summer meets, but some do not. Swimmers must pay attention during meets to make sure they don't miss their events. It is a good idea to bring a sharpie pen to write your events, heats and lanes on your hand.
- After swimming each event, go talk to your coach before returning to your seat. The coaches often have a few comments about your races.
- Always remember good sportsmanship by staying in the pool until everyone in your heat has finished, and congratulate the swimmers next to you.
- When the meet is over, help to clean up our seating area by picking up litter, even if it is not yours. We want to leave a good impression wherever we are guests.

Respectful: Novice A 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 Novice A 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 Novice A 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 Novice A 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 Novice A swimmer helps to create an environment where excellence is expected by, "Acting with high intention, sincere effort and intelligent execution." - Aristotle

Novice A Expectations

Attendance: The expectation as a Novice A swimmer is that you want to be at every practice. The requirement is that you attend a minimum of 75%. Novice A members should try to attend all meets on the schedule.

Other Sports: You may participate in other sports but please make sure you adhere to the minimum attendance requirement for NAAC Novice A Group.

Best times: Novice A utilizes a "Bill the Goat Leader Board" program that recognizes best times achieved by swimmers throughout the season. Swimmers are awarded small prizes for different levels based on the number of best times they accumulate after each meet. This incentive program encourages them to focus on their personal accomplishments rather than how they placed in a meet or the number of ribbons they won or didn't win.

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.

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:

- Fins
- Kickboard

****Please put names or initials on all equipment with permanent marker.**

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.

To qualify for or advance to the 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 and for their teammates.

- Swimmers must be able to demonstrate both a proficient and efficient freestyle stroke.
- Must be able to understand more complicated interval sets and use pace clock.
- Must be capable of completing repeated 200 yard freestyle and backstroke swims with proper flip turns, demonstrating streamline and dolphin kicks off every wall.
- Demonstrates knowledge of a proficient breaststroke technique and must be capable of completing repeated 100 meter swims with legal turns and pullouts.
- Must be capable of completing repeated 50 yard butterfly swims with legal turns.
- Should be able to complete 10 x 100 Freestyle on the 2:00
- Should be able to complete 10 x 100 IM's on the 2:30
- Must be capable of swimming 2,500 – 3,500 meters per practice
- Swimmers must demonstrate an understanding of sportsmanship, respect for competitors, and respect for teammates during practice and at swim meets.
- Positive attitude towards the sport of swimming and a good work ethic.
- Be recommended by the Novice A coach.

HOW TO READ AN NAAC Novice A 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.

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 tuning 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 verticle, 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 verticle. 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. Stoops when arms are verticle. Arms then continue to recover to a Y position with pinky down, and then pull through.
- IV. Streamline 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 Freestlye
- 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/Breaststroke – 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/Breaststroke
- VI. 3/3 Butterfly/breaststroke
- 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. Verticle Dolphin Kick

Breaststroke

- 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.