



NAAC Novice B HANDBOOK 2019-2020

Welcome to the NAAC Novice B Group

The Novice B athlete is starting on the first of five stages in competitive swimming designed to create a healthy sport experience and support the swimmer's advancement based on their physical, mental, and emotional level, and their potential for growth. Swimmers will develop fundamental skills in all four strokes, starts, turns, and finishes. They will develop the 3 Bs of great swimming – buoyancy, balance, and breath control. 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.

This handbook is intended to help new and existing members of the group, parents included, understand the Novice B obligations, commitments and behavior expectations.

Novice B Description

The goal of the NAAC Novice B group is to create a structure that channels a young athlete's drive to discover, learn, and play into skill development that will help them succeed in swimming and in life. Practices combine instruction and training in a mix that allows swimmers to challenge themselves and feel pride as they master more skills. Success at competition is judged against each athlete's personal benchmark, which can vary widely at this age and is not a good predictor for future swimming success. Novice B swimmers will learn how their actions, positive or negative, affect their team environment. They will begin to understand how all the choices they make each day, including attitude, effort, nutrition, sleep, etc. affect their ability to achieve their goals.

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

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

Novice B Expectations

Attendance: The expectation as a Novice B swimmer is that you want to be at every practice. The requirement is that you attend a minimum of 70%. Novice B members should try to attend all meets on the schedule.

Meet Achievements: Novice B swimmers will help to set their own competition goals – including goals for successfully competing in new events and demonstrating new skills. Swimmers are awarded small prizes for achieving their goals. 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 **Prepared** and on time, **Respectful** of all coaches, teammates and parents, to act with the utmost **Integrity**, to be **Dedicated** to the team and to self, and lastly, strive for **Excellence** 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.

To qualify for or advance to Novice A:

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.

To qualify or advance to Novice A:

- Swimmers must be able to demonstrate an efficient freestyle stroke with bilateral breathing. Must be able to complete 4 x 50 freestyle on a 1:30 interval or faster.
- Must be able to understand simple interval sets and use a pace clock.
- Must be capable of completing 100 yard freestyle and backstroke swims with proper flip turns, demonstrating streamline and dolphin kicks off every wall.
- Demonstrates knowledge of a proficient breaststroke technique, including turns, and must be capable of completing repeated 25 yard swims with legal pullouts and finishes.
- Demonstrates knowledge of a proficient butterfly technique, including turns, and must be capable of completing repeated 25 yard butterfly swims with legal finishes.
- Swimmers must be certified for forward and back starts and understand the safety rules for starts.
- 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 B coach.

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 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. Stoops when arms are vertical. 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 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/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. Vertical 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.