



NAAC SENIOR GROUP HANDBOOK 2019-2020

Congratulations and welcome to the NAAC Senior Group.

This is an extremely exciting time in your swimming career – you should be very proud as this is THE ELITE GROUP of the Naval Academy Aquatic Club.

Being a member of this group is great accomplishment that is paralleled with much responsibility and commitment - not only from you but from your entire family as well. This handbook is intended to help new and existing members of the group, parents included, understand what the Senior Group obligations, commitments and behavior expectations are for the upcoming season.

Senior Group Description

The goal of the NAAC Senior Group is to achieve competitive success at the highest athletic 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 Sectional, Junior National and National competitions and reaching their athletic potential. A strong work ethic and team dynamic is emphasized that will help prepare NAAC swimmers for collegiate swimming careers. NAAC Senior Group is an IM based program and our swimmers should expect to swim anywhere from 5,000 to 7,500 meters or more in a given practice.

A NAAC Senior Swimmer applies Navy PRIDE to their actions.

Prepared: A NAAC Senior Swimmer is prepared. They understand the importance of being on time and are considerate of others time. They are responsible for having equipment, split sheets, goal/ best times memorized. They come prepared to work hard and encourage their teammates to do the same. They have taken the steps throughout the day to ensure they are successful at practice /meet (enough sleep, good nutrition, homework completed).

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

Integrity: A NAAC Senior swimmer acts with honesty. They train with integrity and avoid behaviors that will knowingly harm or hinder their performance or others. They are honest in their communication with their coaches, teammates and parents.

Dedicated: A NAAC swimmer is 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: A NAAC Senior swimmer strives to be the best they can be. Pat Riley said, "Excellence is the gradual result of always striving to do better." A NAAC Senior swimmer helps to create an environment where excellence is expected by "acting with high intention, sincere effort and intelligent execution." (Aristotle)

Senior Group Expectations

Attendance: The expectation as a Senior Group swimmer is that you want to be at every practice. The requirement is that you make a minimum of 85% (or more) of our practices a month. You are expected to attend all meets on the schedule in which you qualify. There may be some meets you do not swim in based on the coach's decision. You are expected to participate in all sessions of a meet. This includes prelims and finals at larger meets. Our Senior Group swimmers look at swimming in finals as a privilege and an opportunity to improve.

Other Sports: You may participate in other sports but swimming for NAAC is your athletic priority. As long as you are able to meet your minimum attendance requirements you may participate in high school swimming. If a high school meet conflicts with a NAAC event, the NAAC event takes precedence. It is expected that our Senior Group swimmers have much loftier goals than swimming for their summer league teams.

Best times and goals: Senior Group swimmers have their best times and goal times memorized. They have made an earnest effort to memorize goal pace times as well. Split sheets are mandatory until goal splits are memorized. Attached goal sheet is required to be filled out and returned to the swimmer's primary coach.

Dryland: When offered, it is expected that our Senior swimmers will attend all dryland practices.

P.R.I.D.E. standards are in affect at all times – NAAC Senior swimmers are expected to be Prepared and on time, Respectful to all coaches, teammates and parents, act with the utmost Integrity, be Dedicated to the team and to self, and lastly, strive for Excellence in daily practice.

All Senior Group members are expected to abide by the rules and regulations of the United States Naval Academy while on Academy property. All NAAC Senior Group members are expected to abide by NAAC rules and regulations and honor our code of conduct while representing NAAC in any capacity.

1. All NAAC Senior swimmers will treat the USNA facilities with respect. NAAC athletes may enter Lejeune Hall 15 minutes before practice starts and need to exit the building within 15 minutes of practice ending.
2. Once an athlete clears the deck, they are no longer under coach's supervision. When an athlete has cleared the deck, they may not reenter the deck area of Lejeune Hall without the presence of NAAC coaching personnel and without permission.
3. The Diving Tower and all diving boards located in Lejeune Hall are off limits to all NAAC members. Breach of this policy can result in automatic expulsion from the club.
4. Entering the water without NAAC Coaching Personnel present and without NAAC Coaching Personnel's permission is prohibited and can result in expulsion from the club.
5. There should be no NAAC members in the building past 8:45pm.

Senior Group Leaders: We will be electing a male and female Group Leaders each year on or around October 1. The election will take place by anonymous vote conducted by one of the Senior Group Coaches.

Criteria for being considered for Team 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.

Other considerations:

- Will be the MD Swimming representative and attend all required meetings by MD Swimming.
- Sets a good example for younger NAAC swimmers
- Goes above and beyond to offer help to coaches and teammates.
- Maintains area at swim meets and at practice making sure that trash created by NAAC is not left behind. Encourages others to pick up after themselves as well

Equipment List:

- Snorkel –TYR Snorkel or equivalent
- Fins – short or long fins cut
- Paddles –TYR Catalyst paddles or equivalent
- Kickboard
- Pace/goal sheet
- Pull Buoy

You need to have your equipment with you at all times. Label it. Many of our practices depend on you have your equipment to be done correctly.

NAAC SENIOR GROUP GOAL WORKSHEET

NAME: _____
(First) (Middle) (Last)

SEASON/YEAR(S) : _____ Short Course Long Course

Instructions

Please read carefully and answer EVERY question. Please put time and thought into your day to day training and the overall season when answering the questions asked below. Please do not give one word answers. The last page has space for your times and goals. Please complete this goal setting sheet and be prepared to bring to the first week of practice.

Many times in swimming it's not the end result, but the journey and the way we reach our goals that is important. This goal sheet is just one step along the long road to reaching your goals. Please answer each question honestly.

Previous Season

Think about your performance and results from the previous season in answering these questions.

1	Did you meet all of your goals for the previous season? <input type="checkbox"/> YES <input type="checkbox"/> NO Why? or Why not? _____ _____ _____ _____ _____
2	What could you have done differently to make your season better? _____ _____ _____ _____ _____

3	<p>With the knowledge that was gained last season, what will you change to make this season more productive in and out of the water?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
4	<p>Why are goals important? When setting your goals do you look at time standards or do you "make them up"?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Current Season Goals

Think about the goals you want to reach during this season in answering the following questions.

5	What time standards do you want to achieve? (Personal Bests, State, Sectionals, Juniors, Seniors, State Records, etc.)? Why? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
6	How are you going to reach these goals? (Please list 9-10 ways) 1. <hr/> 2. <hr/> 3. <hr/> 4. <hr/> 5. <hr/> 6. <hr/> 7. <hr/> 8. <hr/> 9. <hr/> 10. <hr/>
7	What is your practice attendance goal? Minimum 85% for Senior Group <hr/> <hr/>
8	What are your 3 best events? (not favorite events) 1. <hr/> 2. <hr/> 3. <hr/>

9	<p>What are your 3 favorite events to swim?</p> <p>1.</p> <hr/> <p>2.</p> <hr/> <p>3.</p> <hr/>
10	<p>How will you contribute to the team dynamics of the Senior Group this season? Please explain.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
11	<p>What can you do every day at practice to have a positive impact on your teammates?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
12	<p>How would you like to be viewed by your teammates? What are some things you can do to help achieve this?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

NAME _____

COACH _____

Fill in your best time and your goal time for this season. Personal best times can be found online 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					
	Sect./Nationals					

Backstroke Events		100	200
	Best Time		
	Goal Time		
	Sect./Nationals		

Breaststroke Events		100	200
	Best Time		
	Goal Time		
	Sect./Nationals		

Butterfly Events		100	200
	Best Time		
	Goal Time		
	Sect./Nationals		

Individual Medley Events		200	400
	Best Time		
	Goal Time		
	Sect./Nationals		

SPLITS

How to figure out your splits

FREESTYLE AND BACKSTROKE

100 's – 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)

200 's – 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)