Junior Riptide – Parent Meeting

1. Welcome
   1. Hannah Deak - Head Junior for Riptide Coach
   2. Coaching Staff – Spring
      1. Group 1: Sam Tow
      2. Group 2: Rachel Gamm
      3. Group 3: Sara Kraus
      4. Group 4: Morgan Kraus, Kaitlyn Morrison and Hannah Deak
      5. Floater Coach: Paige Beers
2. Program history
   1. Program is 10 years old
   2. Hannah’s 5th session as head coach for Juniors
   3. This group is most important aspect of the Rockford Riptide Swim team
      1. Builds confident in stroke skills and basic technique
      2. Build life skills such as dedication and responsibility
      3. Builds love of the sport at a young age
3. Swimming: Both a team and individual sport
   1. As a team, members get to practice together and work toward common goals and skills
   2. Individually, athletes compete to better their times in events and develop more knowledge and skills
4. Changes to Expect
   1. Physiological changes to your swimmer’s body
   2. Physical changes to your swimmer’s body
      1. Being sore and tired is OK!
      2. Your swimmer will be hungrier and need more nutrients
      3. Water consumption should increase
      4. Sleep = recovery!
5. Season Plan - SPRING
   1. 7 week season – practices at NRMS Pool
   2. Group 4 practices 3x per week
      1. 5 to 6 PM on M/W, 5:30 to 7pm on F
   3. Groups 1-3 practice 2x per week
      1. 6 to 7 PM on M and W
   4. All Groups will participate in the Mini-Meet that occurs near the end of the season
      1. This session, our mini-meet will be on Monday, June 3rd from 5 to 6 PM
      2. Again, this includes all Groups!!
      3. This will be the last practice of the session
   5. Session Outline
      1. Week 1 – Backstroke
      2. Week 2 – Freestyle
      3. Week 3 – Butterfly
      4. Week 4 – Breaststroke
      5. Week 5 – Individual Medley (Fly, Back, Breast, Free)
      6. Week 6 – Distance and Endurance Training
      7. Week 7 – Refine skills and Mini-Meet!
6. Meets Offered
   1. All Junior Swimmers are eligible to compete in WMSL (West Michigan Swim League) sanctioned meets. There will be various meet opportunities this spring.
   2. You will be notified via email when these meets arise and will be directed on how to register for that particular meet. Additional fees are associated with meet participation.
   3. Rock the Rogue
      1. This is a USA meet that will be hosted at Rockford High School on May 11th.
      2. Attendance is highly encouraged for all USA athletes and parents
      3. Details about this meet will arise later in the session
   4. Mini-Meet
      1. This session’s mini Meet will take place on Wednesday, June 5th from 5 to 6 PM
      2. NRMS Pool
      3. This is the last day of practice for the Spring Session
      4. Summer Session begins on June 11
7. Website
   1. Please be sure to regularly check our website for information regarding:
      1. Meet info
      2. Practice calendar and updates
      3. Events
   2. You can find coach contacts on our coach’s page
   3. Link: <https://www.teamunify.com/Home.jsp?team=mirr>
8. Speaking with Coach Hannah or your Child’s Coach
   1. You may speak with us either before or after practices
   2. Not during practices, please. We want to give all of our attention to the athletes during this time
   3. However, we are happy to set up a time to sit down and meet with parents individually
   4. Please email your coach to arrange a time
9. Thank you!
   1. We are looking forward to another great session with your swimmer
   2. If you have any further questions, please feel free to reach out via email
   3. Coach Hannah Deak at deakh@mail.gvsu.edu