

# NHCP Swim Club

## Tuna Training Group

<b>Admittance Requirement:</b>	<b>For admittance to the TUNA group a swimmer must be able to swim 25 yards with rhythmic breathing unaided and 25 yards back stroke unaided and a commitment to attend their weekly practice.</b>
<b>Group Focus:</b>	The Tuna Training Group consists of the club's beginner level age group swimmers. This group is 90% instructional and 10% conditioning in the start of the season with a trend towards hard work as we approach mid-season and the end of the season. The main focus of this group is general skill and technique development. Swimmers learn the importance of correct body and head position, basic drills for each stroke, a strong consistent kick for each stroke, a strong stream line as well improved basics of starts and turns for all the 4 competitive strokes. Coaches will instruct proper work habits and behavior along with practice, lane etiquette and clock reading.
<b>Practices Offered:</b>	One practice a week for 50 minutes with the occasional BONUS day on Saturdays. Yardage range 700-1000
<b>Equipment Needed:</b>	Practice suit (one piece for girls, no board or baggy shorts for boys). water bottle, 2x Goggles, 2x cap, kickboard, fins and mesh bag. Swimmers must bring equipment to each practice
<b>Age requirements:</b>	<p>This group consists of athletes 6 to 11 years of age and older beginning swimmers. Tunas is broken down in to two groups:</p> <ul style="list-style-type: none"><li>• <b>Tiny Tunas 9 and under</b></li><li>• <b>Super Tunas 10 and older</b></li></ul> <p>Beginning swimmers will be placed in the day specific to their age group. If a swimmer ages up during the session they will remain in the group until the end of the session. If they are still a tiny tuna upon the next registration they will be placed in the next age group Super Tunas. If they are ready for the Fish group they will be placed in the Fish group.</p> <p>THIS SEASON WE ARE COMBINING SUPER AND TINY TUNAS</p>
<b>Attendance/work ethic:</b>	<b>Swimmers should attend their weekly one day practice.</b> This is a small group and there is a waiting list to attend. If they choose to skip the bonus day that is their option. Improvement is based on attendance, listening, effort, focus and hard work. Coaches will be moving through the season with an end goal of time drops, improvements, stroke developments and preparing swimmers to successfully promote to the fish level. Swimmers may take one to two sessions to be ready for the Fish group.
<b>Competition requirement:</b>	Meets are not required but highly encouraged. It is recommended that swimmers compete in all meets hosted by NHCP. Additionally we encourage the kids to take advantage of the NOVICE meets geared for the newer and inexperienced swimmer.
<b>Important Reminders:</b>	<b>Please be aware of the following items.</b> <ul style="list-style-type: none"><li>• NHCP always focuses on the athletes long term development</li><li>• There are the guidelines that we use in the structuring of all of our swim groups. All group testing and advancement is done at the coach's discretion and is only done with the Head Coach's approval</li><li>• Short Course yards are used for the basis of promotion criteria.</li><li>• Test sets will be conducted early and late in each season/session to measure individual improvement and to serve as a baseline for group performance</li><li>• Moves occur before a season starts.</li><li>• Swimmers may be in this level a couple of seasons.</li></ul>