

Junior II Program

Junior II is designed for the intermediate age group swimmer aged 10 to 14 years old who is interested in pursuing competitive swimming as their primary sport. Emphasis is on correct stroke mechanics, with an introduction to fitness training philosophies.

Each training group has suggested attendance guidelines appropriate for the objectives of that group. The least possible interruption in the training schedule will produce the greatest amount of confidence and success. While we do not discourage younger swimmers from participating in other activities in addition to swimming, it is important that they make every effort to attend practice as often as possible in order for their training to be effective and lead to success.

Practice Attendance: We recommend three to five practices per week (*with a required minimum of three practices per week*) for the full duration of the practice. The season plan is designed around attendance of four practices per week. Practice calendars are posted to the website and are subject to change. *Please refer to our site page frequently as schedules are subject to change given the facilities' availability, as approved by the school districts.* All Junior II swimmers will train together once a week, to promote team unity. Location is determined by facility availability.

Meet Attendance: Swimmers are expected to participate in local swim meets as recommended by the Coach, in accordance with our season training plan. The **Meet Schedule** outlines meets selected for Junior II swimmers, in addition to Championship meets for which they have qualified and we strongly encourage and prioritize full group participation. Junior II swimmers must complete [IMX events](#) before the end of the short course season. *Please note: The meet schedule is currently tentative and subject to change.*

Equipment: Swimmers must have a water bottle and are encouraged to have a kickboard, pull buoy, snorkel and fins at every practice. Swimmers are expected to wear the appropriate attire and footwear during dry-land. Team gear and equipment can be purchased through [The Blazers Team Store](#). *It is recommended that swimmers put their name on their equipment. Coaches are not responsible for lost equipment or equipment that is not properly stored/left behind.*

Communication

Communication between coaches, swimmers and families is paramount. We encourage swimmers and families to communicate clearly and as needed with our coaching staff. When possible our swimmers are encouraged to communicate directly with their coach. Should you have any questions or concerns, please contact your child's primary coach directly. Please keep in mind, we want the best for our swimmers and every decision is made with that in mind. Therefore, we need to work together to ensure continued achievement. As coaches and parents, our cooperation is essential in ensuring that each swimmer is happy, healthy and works as part of a team striving for the common goal of success.

- **Website:** The team website is your primary source of information about the team. It contains practice schedules, all meet information and any additional information concerning our program. Please refer to our [Junior II Group site page](#) frequently for such information.
- **E-mail Updates:** E-mail updates concerning meet information, team events and any modifications to the practice schedule will be sent weekly. Please be sure to verify your e-mail address in Team Unify to receive these updates. They will also be available to view on-line in the 'Archive' section of the site page.
- **Text Alerts:** In the event of last minute scheduling changes/cancellations, announcements will be sent via a Team Unify text alert, in addition to posting to the website and sending an e-mail. To receive text alerts (optional), confirm your cell phone number in Team Unify by following the [instructions for enrollment](#).

Advancement*

Group placements are based on each swimmer's individual progression throughout the year. While a swimmer's performance in swim meets is considered, racing times and meet performance are **indirect** factors when determining group placement. Swimmers are evaluated every six to eight weeks *during practice*. We not only consider their individual strengths and needs, we consider the groups as a whole and what is best for our swimmers and program overall. In deciding when each swimmer should advance to the next level, the primary factors in determining a swimmer's readiness are:

- **Commitment** to the sport through consistent practice attendance and meet attendance as recommended by the coach and in conjunction with the training group expectations
- **Maturity** in chronological age, physiological age and emotional development; swimmers are expected to show leadership within their group, respect for coaches and teammates, and exemplify a strong desire to advance to the next level by displaying a high degree of personal initiative consistently, on a regular basis.
- **Stroke proficiency** and training ability. Swimmers must demonstrate the ability to maintain stroke integrity during training. An inability to maintain proper form reinforces poor technique, which hinders performance.

We are a year-round training program and we take into account both short and long course seasons when evaluating swimmers and groups. While we do not discourage swimmers from participating in activities and events outside of the Blazers, we offer training opportunities between the months of September and July. As a swimmer advances through the program, an increase in commitment is expected, to fully benefit from the training regimen. Our goal is to have our age group swimmers gain training and racing experience in a variety of events and distances to further help them to realize their own strengths and to better understand what it will take to advance to the next level.

Facility Use Policy

We would like to remind swimmers and families that we are guests of Blue Valley West and Shawnee Mission West High Schools and we endeavor to maintain a positive relationship with the school districts by respecting their property and policies.

- For the swimmers' protection, all swimmers should arrive no earlier than 15 minutes before practice and should be picked up ***no later than*** 15 minutes after practice. We cannot guarantee that there will be a coach present outside of those times, thus the Blazers and its' coaching staff cannot be responsible for swimmers outside of this time frame. We ask that you please respect these times and pick up/drop off your swimmers promptly.
- **The pool deck area is for swimmers and coaches only.** We ask that parents observe practice from the ***bleacher area only*** and refrain from approaching a coach, swimmer or group at any time during practice, unless for an emergency. Pool availability is our most limiting factor; it should not be interrupted or wasted.
- Swimmers may use the BVW locker rooms (when available) for changing only. Swimmers are not permitted to use the lockers or tamper with items belonging to the high school swim team. While locker rooms are not available for our use at SMW, swimmers needing to change should do so in the bathrooms adjacent to the pool and follow the same guidelines as stated above.
- Swimmers are responsible for their own personal property and equipment; personal items should be properly stored/secured in a swim bag during practice. Cell phones are not permitted during practice and should be securely stored and out of site. It is recommended that swimmers clearly label all equipment and refrain from handling items that do not belong to them. Any personal items and/or equipment left behind at BVW will be locked in the KCB cart and any equipment left at SMW will be placed in the lost & found bucket near the entrance. *KCB and Coaches are not responsible for lost or damaged personal items/equipment.*

*See attachment for training group requirements