### Senior 1 / National Team Fall 2016 Information

**Fall Practice Times:** Note Location and Times

* SR1/National: 3:55-5:55 PM Monday-Thursday @ **Millard West**
* SR1/National 5:30-7:00 AM Fridays @ **Millard South**
* National Team Practice: Saturday 6:00-7:30 AM @ **Millard South**

**SR 1/National Team Attendance Requirements:**

Senior 1: 80% Attendance over 2 weeks of practice. National: 90% Attendance over 2 weeks of practice.

* Those swimmers who know they will not make 80% due to excessive school/activity related absences we are asking to move down to Senior 2 over at North.
* Those swimmers dropping below attendance requirement will be moved down to Senior 2 until attendance requirement is met (over a 2 week period)
* Excused absences DO NOT count against you. i.e. illness/injury, school related, coach excused.
	+ If excused absences become excessive we will move you down to Senior 2
	+ Keep in mind your attendance equals improvement. Do not expect to get faster by doing the minimum or less than the minimum. We want you at practice every day if possible.

**Group Requirements:**

* National: 90% Attendance, 1 Spring/Summer Sectional Cut OR Coaches Recommendation
* Senior 1: 80% Attendance, 2 Secondary Cuts, none of which may be the 50 Free OR 1 Automatic Cut OR Coaches Recommendation.

**Rules:**

Rule # 1- Don’t Be Late, Be On Time. Communicate absences w/ text to Tyler, 402-980-9216

Rule # 2- Make Good Decisions and the possibilities will be endless for you.

Rule # 3- Respect yourself, your teammates, your coaches, and our facilities.

Rule #4- Be a leader for your lane and team, lead by example and others will follow or get out of the way.

**Swim Meets:**

MAC Senior 1/National group will be attending the following meets. Info and registration can be found on webpage

ACE River Races- October 1st and 2nd

AAAA Senior Circuit #1- October 15th and 16th Lawrence Kansas (Team Travel Meet?)

MAC Senior Finals and Prelim-Final November 11th and 12th

Region VIII Spring Sectionals March 9th-12th Columbia, Missouri- This is a Team Travel Meet

LSC Champs- March 17th-19th- Devaney Center, Lincoln Nebraska

**Objectives for the Fall:**

* Complete Goal Time Pace Card, these are Goals for MAC meet in November
* Challenge yourself to make yourself better every day.
* Take responsibility for your own swimming career with MAC, communicate with coaches your goals, needs, and drive to become a better swimmer.
* Be accountable for your attendance, work ethic, practice behavior, and effort.
* Get in the best shape as possible by November 11th
* Enjoy the process, we are developing well rounded swimmers. Each day we will focus on different types of training, with the goal of developing you as a versatile swimmer.

**Things you need to know:**

* We are expecting a large roster this Fall season. We are anticipating moving up swimmers from Senior 2 to fill in swimmers that move down to Senior 2.
* Practice starts at 3:55 that means you are stretched out, ropes in, ready to go, NOT walking in through the door. This is something we need to continue to work on.
* Bring Dryland Clothes Everyday (tennis shoes, shorts, etc.)
	+ Monday/Wednesday- Circuit Upstairs
	+ Tuesday/Thursday- Run Outside
* Equipment is required SR2/SR1/National team. Monofins, Paddles, and Snorkel will be used daily at practice. You have 2 weeks to purchase/bring this equipment. Put your name on your equipment!
* No High School swim caps, need a MAC cap? Let me know.
* Make the commitment to work hard, follow directions and success will happen!
* Communicate! It is OK to “Over-Communicate”, it is also a life skill!
* Check the website daily and follow MAC on Twitter. This will be my 2 primary sources of communication with you.

Tyler Hammond

tlhammond@mpsomaha.org \*The best way to communicate with Coach Hammond

Office: 402-715-8489

Cell: 402-980-9216 \*No calls after 8:00 PM