### Senior 1 / National Team Spring 2016 Information

**Spring Practice Times:** \*\*New Schedule plan for Spring 2016\*\* Note Location and Times

* Omaha Cup Group- First 2 weeks @ Millard South 3:55-5:55
* SR1/National: 3:55-5:55 PM Monday-Thursday @ Millard West
* SR1/National 5:30-7:00 AM Fridays @ Millard South \*We are going to try this for month of April
* National Team Practice: Tuesdays 5:30-7:00 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 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.
* 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:**

These group requirements are now effective August 2015, all current Senior 1/National Team swimmers are “Grandfathered” into the group.

* 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.
* If you know you cannot meet requirements of attendance we are encouraging you to move down to Senior 2 this summer since we are down to 6 lanes at South.

**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 group will be attending the following meets. Info and registration can be found on webpage

Rose Memorial Invitational- May 13th - 15th Lees Summit, MO \*Hotel Info is Posted

Swim Pink A+ Invite- June 3rd-5th Iowa City, IA

MOST Summer Splash- June 4th-5th UNO, Omaha, NE

Omaha Cup- June 16th-17th Century Link Center, Omaha, NE

Capital City Classic- June 22nd-June 25th Woods Pool, Lincoln, NE

Summer Region VIII Sectionals- July 19th-July 23rd University of Missouri, Columbia, MO

MW Longcourse Championship- July 28th-July 31st Woods Pool, Lincoln, NE

**Objectives for Spring and Summer 2016:**

* To strengthen your weaknesses, i.e. new strokes, technique, work ethic
* To become more efficient in the water
* To challenge you to set workout and season goals
* Experiment with new test sets and training focus- Race Pace Training vs. Garbage Yardage
* 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.

**Things you need to know:**

* We are expecting a large roster this Spring season
* Millard West is closed this summer, we will be down to 6 lanes at south this summer. Attendance requirements will be enforced.
* 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 work on.
* Bring Dryland Clothes Everyday (tennis shoes, shorts, etc.)
* 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!
* 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](mailto: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