### Senior 1 & 2 / National Team Spring & Summer 2015 Information

**Spring Practice Times:**

SR1/National: 3:55-5:55 PM Monday-Friday @ M.West \*Plan on Dryland every day after first 2 weeks.

* National Team Practice: Saturdays 6:00-7:45 AM @ M.South through end of June when a meet is not scheduled.

SR2: 3:55-5:30 PM Monday-Friday @ M.West until group becomes too large than @ M.North

**Summer Practice Times:**

* This is a “soft” schedule, we are working on getting additional pool time @ Hitchcock, time TBA
* Mornings:
  + Senior 1/National: 6:45-8:45 Monday-Friday @ M.West
    - National Team Practice: Saturdays 6:00-7:45 through end of June @ M.South
  + Senior 2: 7:00-8:30 Monday-Friday @ M.North
  + Mornings are your primary swim workout, afternoons are secondary.
* Afternoons:
  + All Senior Groups: 3:00-5:00 PM @ M,South Weights/Dryland followed by “Focus” Swim
  + Open to all senior groups, afternoons DO NOT count against your attendance requirement
  + No Friday afternoon practice if a meet is scheduled for that weekend

**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.

**New Group Requirements:**

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

* National: 90% Attendance, 1 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.
* Senior 2: 60% Attendance, no cut time required
* Senior Maintenance (Fall Season Only): 4 days a week, No attendance requirement, high school pre-season conditioning only, no dryland.

**Rules:**

Rule # 1- Don’t Be Late, Be On Time

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

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

**Summer Meet Schedule:**

* These are the meets that the Senior Group and Senior Coaches will be attending, senior coaches will not be in attendance at the other MAC meets scheduled. Season planning and workout design is based upon the below meet schedule
* May Meets
  + May 16-17 Rose Memorial Invitational hosted by Kansas City Blazers.

Swim Saturday/Sunday Only, NO Friday session.

* June Meets: ***You have 3 options depending upon qualifying times and personal schedule***
  + June 13-14 MOST Summer Splash (Those swimmers that do not qualify for below meets)

Hitchcock Pool, Omaha NE

* + June 18-21 Lincoln Select CC Classic (Those swimmers that do not qualify for Swim Pink)

Woods Pool, Lincoln NE

* + June 18-21 Lane 4 Aquatics Swim Pink Invite \*This is a Qualifying Time Meet

University of Iowa, Iowa City IA

* July Meets:
  + July 15-18 Region VIII Sectional \*Qualifying Time Meet

University of Missouri, Columbia MO

* + July 17-19 MW Long Course Qualifier

Hitchcock Pool, Omaha NE

* + July 23-26 MW Long Course Championship

Woods Pool, Lincoln NE

**Things you need to know:**

* We are expecting a large roster this spring season; we will split groups once our group is large enough to necessitate two or three pools.
* Practice starts at 3:55 that means you are stretched out, ropes in, ready to go, NOT walking in through the door.
* Bring Dryland Clothes Everyday (tennis shoes, shorts, etc.)
* We are requiring our senior swimmers to purchase equipment this year. See the attached document for required SR2/SR1/National team equipment. You have 2 weeks to purchase this equipment. Put your name on your equipment!
* No High School swim caps, we are Millard Aquatic Club represent
* Return the attached Swim Reflection and Goal Setting document by Friday.
* Make the commitment to work hard, follow directions and success will happen!
* Check the website daily and follow MAC on Twitter. This will be our 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

Andy Cunningham

[amcunningham@mpsomaha.org](mailto:amcunningham@mpsomaha.org)

Office: 402-715-1403