



## SAC EXPECTATIONS FOR THE SEASON(2021-22)

**Communication:** The best way of communication with the coaches is through email. It is our goal to reply back within 24-48 hours. The number one way that we will be communicating with you this season is through email, so it is very important for you to take time to read the weekly updates. As far as communicating with the coaches, it would be best to send an email, rather than a phone call or a text, but we are accessible through text or call as well. We will be utilizing and keeping our Instagram page *@sharksaquaticclub* up to date, so please share on your personal account and help spread the word about our programs and swim school.

Early in the season, and careers of any swimmer, we are going to place an emphasis on process-oriented goals and practices in order to become a better swimmer. For our first couple of meets of the season, we will have three goals for Coaches, Swimmers, and Parents:

- 1. Fun!**
- 2. Creating a positive team spirit atmosphere**
- 3. Putting a priority of skills & habits before speed**

**Times** – All times for our swim meets can be found on the “meet mobile” app, which is recognized by USA Swimming, and can be downloaded from the Appstore or Google Play store. Often, a swimmer’s universe will either be perfectly aligned or completely destroyed based on what their time was. This is definitely not what we’re looking for in the beginning of the season. While we want the swimmers giving it their best effort in every race, getting a “best time” is not the ultimate goal for the first couple of meets. **A swimmer’s job after each race is to congratulate their fellow competitors, go see the coach for feedback on what they did well and for technical things to work on! We will focus more on times during Championship season!**

We will be hosting and helping with some small meets this season. Therefore, we will need your assistance to be a timer or fill in a few other volunteer roles when these meets take place. These volunteer positions are important for two reasons: First, to make sure the meets are run in accordance with USA Swimming rules. Second, it really shows your swimmers that you are invested in them as an athlete and in their world. You will be able to sign up for these positions as soon as Coach Steve posts them on TeamUnify.

Below is just a brief description of some things to look for in the beginning of the season. Use this as a guide to help you as you start to learn this complex sport!

### **Butterfly:**

- Off the start and turn we are looking for tight streamlines and dolphin kicks to the flags.
- Swimmers should breathe with eyes looking down.
- Butterfly is about timing as much as it is about strength. Swimmers should have good undulation, two kicks per arm stroke in a consistent rhythm.
- On the finish, swimmers should hit the wall with two hands and straight arms.
- **Count their strokes.** Did they take more or less each length? *Stroke length and stroke count are heavily emphasized points in practice.*

### **Backstroke:**

- Off the start and turn, we are looking for tight streamlines and dolphin and flutter kicks to the flags. Swimmers should take their first pull when breaking onto the surface of the water.
- During the swim, the head should be still and in line with the body. The body should roll from left to right as if rotating on an axis with very little side to side motion.
- The kick should be a constant boil, visible at all times, and should stay within the swimmer's body-line.
- On the finish, swimmers should know their stroke count & hit the wall on their back.
- **Count their strokes.** Did they take more or fewer each length? Stroke length and stroke count are heavily emphasized points in practice.

## **Breaststroke:**

- Off the start and turn, we are looking for tight streamlines and a pullout(1 pull/1 kick).
- During the race, swimmers should focus on a great line or arrow position with a flat back.
- On the breath, swimmers' eyes should be angled down.
- On the finish, swimmers should touch with two hands, straight arms & head down.
- **Count their strokes.** Did they glide or did they spin? Did they take more or fewer each length?

## **Freestyle:**

- Off the start and turn, we are looking for tight streamlines and dolphin or flutter kicks to the flags.
- Swimmers should be swimming with their heads down and creating a flat back, and should focus on breathing every 3 strokes (unless it is a 25 yard freestyle).
- The kick should be “thunder kick”, visible at all times, and should stay within the swimmer's body-line.
- On the finish, we are looking for head down and kicking all the way to the wall.
- **Count their strokes.** Did they take more or fewer each length? Stroke length is heavily emphasized in practice.

**As parents (and coaches), it's important to play the right role for our athlete(s). This can be difficult, and even though we all want to be the best we can be for the kids, we can always get better.**

**This is a great read: Dan Coyle's Talent Code Blog- "How to Praise Your Kid"**

**Here are some excerpts from the read:**

*Praise is a tricky thing, because at first glance it seems so easy. You say "Attaboy," or "Awesome job," give a pat on the back, and everything's great, right?*

*Uh, wrong.*

*Science is showing us that when it comes to praise, kids operate like light switches. Certain types of praise switch kids on by boosting their motivation and willingness to take risks. Other kinds of praise switch kids off.*

*There are lots of [interesting experiments](#) here (many by Carol Dweck), but here's the takeaway: avoid praising for abilities, and instead praise for effort.*

*Here's why: when you praise for ability — that is, when you tell someone they're a natural-born Einstein, or a Mini-Michael Jordan — they unconsciously tend to protect that status by taking fewer risks and forgoing opportunities to make more effort. (After all, we're status-based creatures — why risk genius status?) When you praise for effort, on the other hand, studies show that kids are willing to take on harder tasks without complaint, and perform better.*

*The problem, however, is that we parents and coaches seem to be hard-wired to praise in exactly the wrong way. We instinctively praise ability and status. When a kid shows us their latest magic-marker drawing, we say, "What a great artist you are!" When a kid does his first trick on a snowboard, we say, "Hey, you're little Shawn White!"*

*The key to effective praise is to focus on the process, not the person. Put the emphasis on what was produced, not on the kid. This sounds sort of chilly, but the*

effect is actually the opposite. For instance:

- Instead of saying, “Wow! You’re such a great artist!”
- Say: “I love that picture! Tell me about it.”
- Instead of, “You’re an awesome snowboarder!”
- Say: “That was great! How’d you figure out how to do that?”
- Instead of, “Another A-plus! You’re so brilliant at math!”
- Say: “Another A-plus! You must’ve really studied hard for that test.”

See what I mean? Instead of just being a cheerleader (You’re so awesome!), use praise to go a notch deeper: to start conversations, spark reflection, and create more of a bond.

In the search for effective praise, the best example I’ve ever come across consists of just two words: **Well done!**

You don’t need to rehash the accomplishment, or elevate the kid to superstar status. All you need to do is be present, and to show that you saw what they did, appreciate it.