



## JUNIOR GROUP FOCUS

### DESCRIPTION:

Junior group is the foremost beginners group. The purpose of this group is to focus on techniques and repetitious patterns to help build the skill sets necessary to become a more sufficient swimmer.

### FOCUS/TYPICAL DAILY PRACTICE LAYOUT:

Since this is the beginners group, the main focus should be technique and repetitiously working drills in freestyle, backstroke, breaststroke, and butterfly. IT IS EXTREMELY IMPORTANT TO BE GIVING CONSISTANT FEEDBACK!

TIME DEDICATED TO FOCUS	AREA OF FOCUS
15 MINUTES	<u>WARM UP:</u> A typical warm-up may include some drills, some freestyle, and even some kicking. Even during warm-up you are going to want to give them feedback.
30 MINUTES	<u>MAIN SET - DRILLS:</u> A typical main set should be with 90% working drills.
10 MINUTES	<u>START, TURNS, AND/OR DAY'S FOCUS</u> This is under your control of what you feel the swimmers should work on.
5 MINUTES	<u>COOL DOWN:</u> Generally this is choice for swimmers, typically a 100.

### MASTERY/TRANSITION TO WHITE GROUP:

SKILLS TO BE MASTERED/EMERGING TECHNIQUE				
FREESTYLE	Breathes to the side with no rhythmic breathing	Patterned arms	Fluid kicking	Good rotation
BACKSTROKE	Head is level with the water	Patterned arms	Fluid kicking	Good rotation
BREASTSTROKE	Limited bobbing	Patterned arms with slight anchor	NO SIDE KICK Rhythmic Kicking	Emerging technique
BUTTERFLY	Breathing out of the water in front and not to the side	Arms slightly come over top Beginning to anchors arms	Ankles stay together	Emerging technique
FLIP TURNS	Is able to perform a somersault	Feet meet the wall	Pushes off the wall, inconsistently keeps head down	Is consistently performing turns in freestyle sets
	Inconsistent streamline	Emerging technique with potential		

<b>SIDE TURNS</b>	Two hand touches should be consistent	“Combing the hair” should be emerging	Good streamline is inconsistent	Underwater kicks is inconsistent
<b>BLOCK STARTS</b>	Basic understanding of ritualistic routine (i.e. whistle, take your mark, beep)	Jumps off block arms first	Performs streamline in the air	Inconsistently keeps head down
	Enters the water hands first	Inconsistently keeps streamline		Emerging technique with potential
<b>BACKSTROKE STARTS</b>	Basic understanding of ritualistic routine (i.e. place your feet, take your mark, go)	Inconsistently keeps streamline	Emerging technique with potential	

### COMMITMENT AND CHARACTER DEVELOPMENT

<b>CHARACTER/ SPORTSMANSHIP</b>	<ul style="list-style-type: none"> <li>● Respectful of parents, other swimmers and coaches</li> <li>● Good listening skills; coaches instructions and advice</li> <li>● Respectful of the pool</li> <li>● Understands lane etiquette (i.e. circle swimming and leaving 5 seconds apart)</li> </ul>
<b>TIME MANAGEMENT</b>	<ul style="list-style-type: none"> <li>● Parents try to make sure swimmers are on deck and ready to go for meets and practices</li> <li>● Parents try to commit at least three practices per week</li> </ul>
<b>TEAM COMMITMENT</b>	<ul style="list-style-type: none"> <li>● Understands and actively participates in team culture and atmosphere; cheers</li> <li>● Competes in at least one home meet</li> </ul>
<b>EXTERNAL TRAINING FACTORS</b>	<ul style="list-style-type: none"> <li>● Parents are expected to offer good food choices</li> </ul>

### ADDITIONALLY:

In order to move a swimmer into another group there needs to be an agreement among age group coaches and approval from head age group coach and/or determination from head coach.



## AGE GROUP FOCUS

### DESCRIPTION:

Age group is the beginner intermediate/elite group. The focus of this group is to have already attained many skill sets in order to be an efficient swimmer. The focus is to work on endurance and conditioning through sprinting and distance sets.

### FOCUS/TYPICAL DAILY PRACTICE LAYOUT:

Since this is the beginner elite group, the purpose is build endurance through efficiency and conditioned practice.

TIME DEDICATED TO FOCUS	AREA OF FOCUS
10 MINUTES	<u>WARM UP:</u> A typical warm-up may include drills, streamline kicking, and moderate distance.
10 MINUTES	<u>KICK SET:</u> Variation set of either streamlines kick and/or kicking with a kickboard. This will focus on a variation of sprinting and moderate paces.
1 Hour – 1.5 Hours	<u>SECONDARY AND PRIMARY SETS:</u> Typical main sets should be a mash-up between conditioning and endurance training, depended upon timing within the season and what the age group coach determines is suitable for group as a whole. Often this is the main session of the practice that consists of three to eight sets.
10 MINUTES	<u>COOL DOWN:</u> Generally a choice cool down consisting of 200 yards.

### MASTERY FOCUS OF SKILL SETS:

SKILLS TO BE MASTERED/EMERGING TECHNIQUE	
FREESTYLE	Should be efficient in every area, with advancing progression (i.e. breathing, arms, kicks, patterns, rotation, etc.)
BACKSTROKE	Should be efficient in every area, with advancing progression (i.e. breathing, arms, kicks, patterns, rotation, etc.)
BREASTSTROKE	Should be efficient in every area, with advancing progression (i.e. breathing, arms, kicks, patterns, rotation, etc.)
BUTTERFLY	Should be efficient in every area, with advancing progression (i.e. breathing, arms, kicks, patterns, rotation, etc.)
FLIP TURNS	Should be efficient, with advancing progression
SIDE TURNS	Should be efficient, with advancing progression
BLOCK STARTS	Should be efficient, with advancing progression
BACKSTROKE STARTS	Should be efficient, with advancing progression

COMMITMENT AND CHARACTER DEVELOPMENT	
CHARACTER/ SPORTSMANSHIP	<ul style="list-style-type: none"> <li>• Respectful of parents, other swimmers and coaches</li> <li>• Good listening skills; coaches instructions and advice</li> <li>• Respectful of the pool</li> <li>• Understands proper lane etiquette</li> <li>• Congratulates teammates</li> <li>• Controls emotions at practice and meets</li> <li>• Understands meet performance</li> </ul>

<b>TIME MANAGEMENT</b>	<ul style="list-style-type: none"> <li>• Swimmers are on deck and ready to go for meets and practices</li> <li>• Informs coaches of absences and reasoning</li> <li>• Parents try to commit at least four practices per week</li> </ul>
<b>TEAM COMMITMENT</b>	<ul style="list-style-type: none"> <li>• Understands and actively participates in team culture and atmosphere; cheers</li> <li>• Competes in at ALL home meets and two away meets</li> </ul>
<b>EXTERNAL TRAINING FACTORS</b>	<ul style="list-style-type: none"> <li>• Parents are expected to offer good food choices</li> <li>• Brings a water bottle to practice everyday</li> <li>• Understands what a healthy snack is</li> </ul>

<b>TRAINING PERFORMANCE AND TIMED SET</b>	<b>CHECK</b>
10X100 FREESTYLE ON 1:50	
10X100 IM ON 2:00	
5X200 FREESTYLE ON 3:45	
5x200 IM ON 2:15	
TIMED 500 UNDER 9:00	
ACCURATELY COUNTS PRACTICE DISTANCES AND SET REPETITIONS	
CAPABLE OF COUNTING A PACE CLOCK	
CAPABLE OF COUNTING THEIR OWN LENGTHS	
UNDERSTANDING AND REGULARLY UTILIZES UNDER WATER DOLPHIN KICKS AND PULLOUTS	

**\*IN ORDER TO ADVANCE TO THE NEXT GROUP, THE SWIMMER MUST BE ABLE TO COMPLETE 8/9 OF THE ABOVE CRITERIA**

### **ADDITIONALLY:**

In order to move a swimmer into another group there needs to be an agreement among age group coaches and approval from head age group coach and/or determination from head coach. Furthermore, if the student participates in high school swimming and is capable of meeting the above criteria, he/she will be placed in the Senior Group.



## SENIOR GROUP FOCUS

### DESCRIPTION:

Senior group is the elite group of the Wahoos. In this group, advancement and expectations are high in both character and skill sets. Accountability, self-discipline, and enthusiasm are the main components of taking part of this group.

### FOCUS/TYPICAL DAILY PRACTICE LAYOUT:

Since this is the elite group, practices and the focus of practice is determined by the head coach, Bryan Walls. Practices are advanced and challenging in order for swimmers to compete at a higher level in swimming.

### MASTERY FOCUS OF SKILL SETS:

Swimmer should be efficient and advanced in every aspect of swimming.

COMMITMENT AND CHARACTER DEVELOPMENT	
CHARACTER/ SPORTSMANSHIP	<ul style="list-style-type: none"> <li>• Respectful of pool, parents, other swimmers, and coaches</li> <li>• Good listening skills; coaches instructions and advice</li> <li>• Understands proper lane etiquette</li> <li>• Congratulates teammates</li> <li>• Controls emotions at practice and meets</li> <li>• Understands meet performance</li> <li>• Swimmer is not influenced by negative behavior or actions of teammates</li> <li>• Understands and takes responsibility for attendance and performance, habits in practice and how these relates to meet performance</li> <li>• Meeting swimmers from other teams</li> <li>• Verbalizes positive outcomes</li> </ul>
TIME MANAGEMENT	<ul style="list-style-type: none"> <li>• Swimmers are on deck and ready to go for meets and practices</li> <li>• Informs coaches of absences and reasoning</li> <li>• Attends to practice 5 days a week</li> <li>• Prioritizes work, family time, and social activities, including swimming</li> </ul>
TEAM COMMITMENT	<ul style="list-style-type: none"> <li>• Understands and actively participates in team culture and atmosphere; cheers</li> <li>• Competes in at ALL home meets and away meets</li> <li>• Demonstrates dedication to the team</li> </ul>

IDEALISTIC TRAINING PERFORMANCE
10X100 FREESTYLE ON 1:15
10X100 IM ON 1:30
5X200 FREESTYLE ON 2:35
5x200 IM ON 3:05
TIMED 500 5:45
MORNING PRACTICE IS MANDATORY

## **ADDITIONALLY:**

The senior group is under the digression of the head coach and head age group coach.