

To: BAAC Swimmers and Families
From: Head Coach Mike Cutler
Re: 2018-19 Short Course Season Welcome Letter
Date: August 13, 2018



Welcome to the 2018-19 BAAC Short Course Team!

I have enjoyed looking at this program over the last 4 weeks and am excited to be a part of the Buffalo Community. I know that I had the opportunity to meet many of the swimmers briefly when I visited in early July and again at the LSC Championships 2 weeks later. I did not get to meet all of you and am looking forward to doing that in the coming weeks. Forgive me as I learn all new names again. Trust me when I say that I will know them more when they compete! I have to have the right name when I cheer for them!!

For the next week, I will be transitioning to the Buffalo area and hopefully a few of my family members will be making the transition as well after we complete the sale of the home in Michigan. The community there has been so welcoming so far and very appreciated.

Let's get started

One thing that I have come to know is that each step is meant to be an improvement of the last. In the swimming world, it is always about improvement. At times that comes in time drops, and at others, it is about mastering new skills and adapting technique to give an athlete more efficiency. Sometimes improvements result in slower times (for a little while). We also are in search of new stimulus to make our bodies adapt and become more efficient, stronger, or even resolve health considerations (like asthma). Please note that practices are supposed to be challenging, but not harmful. Sometimes those challenges can seem insurmountable, yet most of the time meeting those challenges is a big first step.

My goal here is simple in that we need to develop athletes who are capable of adapting and improving. To become confident in what we train and how we perform, and also, when we have to take another hard step forward. The program is meant to chase improvements in all facets. I am looking forward to developing a great group of leaders!!

One Team

Remember this is "One Team". We will have athletes from "new" to the sport all the way to collegiate swimmers. Each will have different needs, but rely on each other to help drive the changes and adaptation that they each need. They will form a bond as advocates for each other. The swimmer that is new today, may very well have the chance to be an Olympian, but it will be in large part because of the swimmer who went before them. The one they chased.

The senior swimmers today, will have the opportunity to set the tone for how fast we can grow, how strong the program will be, and also how well they can perform. We will be building a strong base to draw talent from while we also promote the talent that we have to reach as far as they can.

The Training Schedule

In my years of coaching, we have always built a season plan. Short Course season, is made up into training cycles which I will be going over with them from time to time. I will give a quick review during the first week. We have started at the end and worked our way to the beginning. We have started with the result we wanted and tried to build a path back to the beginning. We build our season around these training cycles to in order to measure our training and impact. Adjustments can be then made to keep us on track. The comments noted in the below are for practice design, not denoting a specific day is one focus. Each day is a blend of disciplines, with a main focus to be achieved. Also note that on occasion, meet schedules do change. We are hoping that the plan locks in place in the coming weeks.

Being the Parent:

I can assure you as a former swim parent, there are obstacles to some of the practice routines – like family events and Holiday vacations. I can also assure you that there is always a pool nearby ☺. I would ask that you plan vacations to impact training as minimally as you can during the season.

We cannot avoid certain truths about training. You must be in the water consistently to reach a peak and have the greatest opportunity for a peak performance. The training cycles and practice patterns are built to accomplish that. Each Cycle has a purpose (and length of time) and the athletes will be learning about that. My ask is that you always keep home a safe place to discuss the day and what transpired. In today's society, we have come to have high expectations of the athletes and tend to ask them why they did not perform well or demand that they do better. It will make a world of difference in your lives as they get older and decide what to tell you and not tell you.

Please leave the discussion of performance to the coaches. I am always demanding a little more of them than they do themselves, but will share in the bad days too. Athletes need to have a safe place to be themselves!

If you are the parent who wants to be involved, I would ask that you consider volunteering to help on committees or whenever you can. It takes a village.....

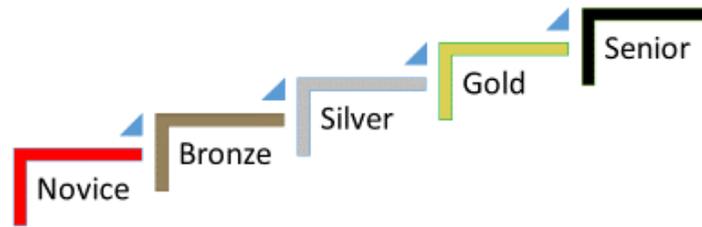
Behavior and health on the fly

When we talk about good behavior on the pool deck, let's be considerate of everyone and their individual goals. We can do this and keep it fun for everyone (though at times swimming around a dark line on the bottom of the pool can be boring). Standards of behavior and respect are expected each day, not asked for. Safety is a huge need for everyone's sake as well.

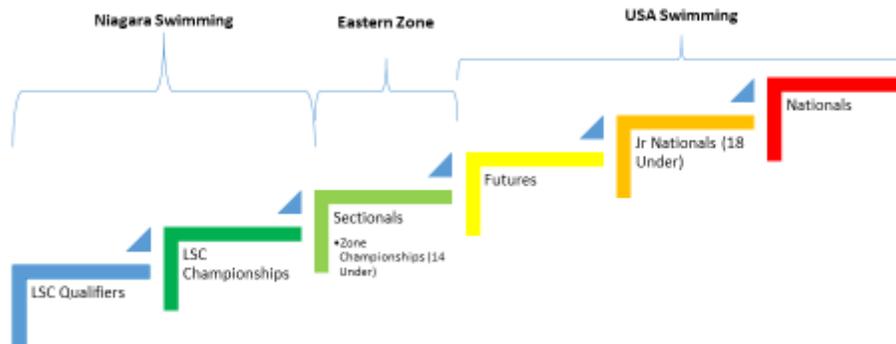
Suggested reading are the Swimming 101 (Training) and swimming 102 (healthy eating) are good reference materials we have used in the past. They will be posted soon as reference material. I would anticipate adjustments to these as we adapt them to BAAC.

Making advancement / training groups

The club has established guidelines for assigning athletes to groups. Please understand that these are not social clubs. That the goal is to group individuals together that train at the same or similar cycles safely. I am not discouraging social gathering or activity. AS it stands today, we have the following structure. We will adjust / add levels as needed to meet the needs of the athletes.



Understanding the Goals are in most cases time standard related, we will work with each athlete to understand that the speed limits they think are in the pool are not real. We will teach and train to move athletes along the progression model using time standards as they relate to meets similar to the following:



To wrap it up, I am excited to work with you and your children. To help them see their dreams and aspirations in the pool. I am very supportive of strong academics as well, so remember homework comes first. I am looking forward to being part of the community there and engaging with you as your athlete develops.

See you on the pool deck soon!

Coach Cutler