

**NOVA Senior Silver II/Gold I - Northwood  
Attendance/equipment requirements**

Assistant Coach Alex Nieto  
Cell: 714-614-3305  
Email: [alex.nieto@novaquatics.com](mailto:alex.nieto@novaquatics.com)

**Group Objectives**

The Senior Silver II/Gold I training groups objectives are to qualify for sectional standards and move this group on to the next level of each athletes swimming career. This level move can be and is not limited to: moving on to Senior Gold 2; swimming in college; competing in high school well; etc.

**Attendance requirement and schedule**

Senior program offers training sessions a week. All athletes are expected to be at a minimum of 21 training sessions in a month based on a 24 training session per month program. Consistent training is what will improve your athletic capabilities in the long run. The Senior training group requires that athletes attend 85% (roughly 21/24 sessions) of the required practices in order to maintain good standing on the team. Anyone below the attendance average will have their meet and dryland privileges revoked and anyone under 60% will lose their privilege of being in the group and be recommended for a group change. Attendance is posted at the end of the month every month.

	<b>SG1</b>	<b>SS2</b>
<b>Monday</b>	4:15 to 7:15 PM	5:30 to 8:30 PM
<b>Tuesday</b>	4:15 to 7:15 PM	5:30 to 8:30 PM
<b>Wednesday</b>	4:15 to 7:15 PM	5:30 to 8:30 PM
<b>Thursday</b>	4:15 to 7:15 PM	5:30 to 8:30 PM
<b>Friday</b>	4:15 to 6:15 PM swim only	5:45 to 7:30 PM swim only
<b>Saturday</b>	TBD usually between 7-10 AM	TBD usually between 7-10 AM

**Needed Equipment for Group: *all equipment should be purchased by September 30th***

- SWIM Gear: Training Fins (short preferred – can cut down long fins better)  
Front mounted snorkel  
Finis Tempo Trainer  
Kickboard  
Paddles (strokemaker or SPEEDO compatible)  
Buoy
- Dry land gear: Stretch chord – with handles; green strength preferred  
2 sand water bottles or a pair 3-5 lb. free weights  
Shoes need to be brought daily  
Workout clothes brought daily

**Competition Schedule**

The minimum requirement for the Senior training group is 1 meet a month for the team not including championship months. Meets are attached in the following sheet to provide you with a plan for the season. Please plan your schedule according to the schedule provided so that you may attend all meets.

**High School Swimming**

According to team policy, during high school swimmers, members of the Senior program at NOVA are allowed 1 competition a week. This rule will be followed but it will be your job to communicate any weeks that you are going to have an extra meet for that week. It is important to remember that in order to swim well for your respective high schools, it is important to continue training everyday! If you attend to many swim meets during the season, please do not expect to taper well. Please turn in your schools meet schedule as they come to you.

## Winter and Summer Schedule

For this winter, we will be taking a training break immediately following Senior Development from Monday, December 23<sup>rd</sup> thru Monday, December 30<sup>th</sup>. There will be practices offered for those in town at that time, but will not be mandated to attend. Our summer schedule moves our training group to mornings at Woollett starting in June. SG1 will be 7 to 10 AM Monday thru Thursday and Friday's combined with SS2 from 8 to 11 AM. SS2 will be 8 to 11 AM, Monday thru Friday. Saturday's are still TBD on pool space.

## Top 10 Parenting Do's

10. **Reinforce with your child to be a good sport.** For example emphasize shaking hands after games no matter how bitter the contest, and never belittling someone to make yourself feel better.
9. **Limit your conversations about sport.** Let them know you are interested, but also interested in all aspects of their lives!
8. **Have realistic expectations for your child's success in sport.** Try to be objective when your child is not receiving playing time or starting; or they struggle with their performances. They are not mini-adults; they are maturing young people who make many mistakes as well as doing many great things (sometimes in the same day!).
7. **Support the coach and don't try to coach your child!** Especially from the stands during a game. Coaching your child, unless you are a part of the coaching staff, makes it very easy to confuse and frustrate the child. It can undermine the coach and destroy coach-athlete trust.
6. **Keep it fun.** Try not to take sport too seriously. You will ruin it for your child and they will feel pressure if you are too critical, controlling, or overbearing. Keep it light!
5. **Push to follow through on commitments, work hard, and be a good person.** This is the time to challenge your child – when they want to take a short cut that does not show commitment to the team or the coach. Pushing, however, to win is not healthy and will only create issues between you and your child.
4. **Have them play for their reasons, not yours.** Keep in mind that your child wants to be independent from you in some ways, and yet have your support. For certain, in sport let their goals drive the level of involvement. This will lead to less frustration and arguments.
3. **Remain calm and composed during games.** Avoid yelling at officials. High school athletes find it very frustrating and embarrassing when parents yell at officials, or lose their composure in the stands. There is enough pressure on these kids to perform as it is. Your added pressure from reacting to mistakes they make, being critical and negative, and just too emotional create unneeded stress and take away from the fun of the game.
2. **Support, support, support!** Support your child in many different ways. Listen to them when they need to be heard after a tough game or practice. Challenge them when they are exhibiting a bad attitude. Confirm what they are going through is normal in sport. Be empathetic. Never make them feel guilty about “your sacrifices” for them to play. There are some many more ways to support than just paying for them to play, transporting them, or giving them tactical advice.
1. **Make your love and support unconditional and never contingent on performance.** The biggest issues between parents and their children often come when the parent makes the child feel like their encouragement and love is contingent on their performances. No matter how your son or daughter plays be encouraging, give them a hug, let them know you love them even if they go 0 for 5, have five big turnovers, or take bad penalties. The coach will get on them about their execution; the parent needs to play his or her role and support.

## SENIOR SILVER II COMPETITION CALENDAR

### Fall 2019 – Summer 2020

Sept	20-21	NOVA Back-to-School Meet	Woollett, Irvine
Oct	18-20	NOVA IMX Meet	Woollett, Irvine
Nov	10/31-11/3 8-10	Kevin Perry Invite NOVA Intrasquad Meet	La Mirada, CA Woollett, Irvine
Dec	7-8 13-15 20-22 12/23-29	BRW Meet Winter Age-Group Championships (14 y/o & under) SCS Senior Development Group Break (optional practice offered)	TBA Palm Springs, CA La Mirada, CA
Jan	12/30-1/3 11-12 15-16	Winter Training Schedule January Intrasquad Meet SCS Senior Meet	Woollett, Irvine Woollett, Irvine
Feb	8-9 15-18	Blue JO Max Meet Senior Silver Travel	AZOT TBD
Mar	2/28-3/1 12-15 27-29	NOVA Intrasquad (Blue SC) 14 and Under JO's SCS Senior Invite	Woollett, Irvine ROSE TBD
Apr	2-5 24-26 25-26	NOVA Blue Intrasquad Meet Open Water Nationals NOVA Blue LC	Woollett, Irvine TBD Woollett, Irvine
May	16-17 22-25	Orange Committee Meet SPEEDO Grand Challenge	MVN Woollett, Irvine
June	6-7 6-7 11-14 21-28	Orange Committee Meet Western Zone OW June Age-Group Championships Olympic Trials	TBD Woollett, Irvine Omaha, NB
July	1-2 16-19 23-26?? 30-8/2??	Blue LC Committee Meet LAI 'JO Max' Championships Summer Junior Olympics	TBD Woollett, Irvine TBD MVN

## SENIOR GOLD I COMPETITION CALENDAR

### Fall 2019 – Summer 2020

Sept	20-21	NOVA Back-to-School Meet	Woollett, Irvine
Oct	18-20	NOVA IMX Meet	Woollett, Irvine
Nov	10/31-11/3 8-10	Kevin Perry Invite NOVA Intrasquad Meet	La Mirada, CA Woollett, Irvine
Dec	13-15 20-22 12/23-29	Winter Age-Group Championships (14 y/o & under) SCS Senior Development Group Break (optional practice offered)	Palm Springs, CA La Mirada, CA
Jan	12/30-1/3 11-12 15-16	Winter Training Schedule January Intrasquad Meet SCS Senior Meet	Woollett, Irvine Woollett, Irvine
Feb	15-18	Senior Silver Travel	TBD
Mar	2/27-3/1 2/28-3/1 12-15 27-29	SCS Sectionals NOVA Intrasquad (Blue SC) 14 and Under JO's SCS Senior Invite	TBD Woollett, Irvine ROSE TBD
Apr	2-5 24-26 25-26	NOVA Blue Intrasquad Meet Open Water Nationals NOVA Blue LC	Woollett, Irvine TBD Woollett, Irvine
May	16-17 22-25	Orange Committee Meet SPEEDO Grand Challenge	MVN Woollett, Irvine
June	6-7 6-7 11-14 21-28	Orange Committee Meet Western Zone OW June Age-Group Championships Olympic Trials	TBD Woollett, Irvine Omaha, NB
July	1-2 16-19 23-26?? 30-8/2??	Blue LC Committee Meet LAI 'JO Max' Championships Summer Junior Olympics	TBD Woollett, Irvine TBD MVN