

Rockwood Swim Club
Gold Group Handbook
2017-2018



Welcome

Welcome to the Rockwood Swim Club, Gold Group. If you're new to the club/group you've made the best decision for your Swimmer's future. Rockwood invests heavily in their coaching staff and facilities in order to provide its members with the best instruction, opportunity, and communication. We are also the only team in St Louis region to earn the USA Swimming Silver Medal status.

Standards

To achieve a spot in the Gold Group a swimmer must be between the ages of 10 and 13 years old. If the swimmer is new to Rockwood Swim Club he or she must have been placed into the group via tryouts or the "Intro to Swim Club" course. If moving up from the Silver group the swimmer must have completed the following test sets:

- 8x 100s Freestyle @ 1:35
- 5x 100s IM @ 1:50 & 3x 200s IM @ 3:45
- 8x 100s BK @ 1:45 or 6x 100s Fly @ 1:50 or 6x 100s BR @ 2:00

Group Focus/Goals

The Gold group provides major focus on stroke technique, endurance, moving up to Senior Group, participation in major meets (such as Ozark Championships) and having fun. All of the practices, social events and major/minor goals of the coach are done with these Focus points in mind. The swimmers are expected and taught to approach all practices, meets and social events using these focus points. Below is a quick summary of each point:

- **Stroke Technique:** In order for swimmers to become successful as they grow it is imperative that they learn how to swim with correct technique and a correct understanding of how stroke corrections can majorly improve performance.
- **Endurance/Training:** Once the technique specific drills and work is established the Gold group practices will begin to work on building up endurance with continuously challenging distances and intervals.
- **Participation in Major Meets:** The purpose of training in any athletic pursuit is to be able to compete. Swimming is no different, and that is why meets, especially championship level meets are an important part of being on a USA Swim team. Important meets are Dependent on age and ability, however Silver group places a large emphasis on qualifying for, and competing in the Ozark Division 1 Championship meet. It should be noted that the only way to qualify for these meets is to also attend all/most meets offered.
- **Moving up to Senior Group:** It should be a goal of every Gold swimmer to move up to the next level of the club. Eligibility will be determined based on the ability to complete specific test sets, compete at meets on a specific level, and work hard on a daily basis (See "Move up Standards" page for specific details).
- **Fun:** While working hard and competing are important, it is essential that swimmers in Gold group are having fun with/enjoying the sport. At this young age, fun motivates swimmers to continue to work towards achieving their goals.

Equipment

In order to improve during practice the silver group requires the following equipment:

- Kick Board
- Pull Bouy
- Fins/Flippers
- Water Bottle
- Shoes/Socks (For dryland)
- Finis Palm Positive/Agility Paddles
- Snorkel & nose clip
- 2 pairs of Goggles (one extra)

Training Expectations

While there are no requirements in Gold for things like practice and meet attendance there is an expectation that swimmers will improve and remain competitive. To fulfill this expectation it is suggested that swimmers follow the policies below:

- **Practice Attendance:** 4 - 5 Times a Week
- **Meets:** 1-2 per month
- **Swimmer Responsibility:**
 - Try their best
 - Be responsible/Take responsibility for their own swimming
 - Ask Questions/Communicate

Parent Expectations

In order for a swimmer to improve and become confident it is important that the parent take specific roles in the Club and their child's development. These roles are summarized by the "4 Be's" below:

- **Be Patient** (with Swimmer)
 - Every Swimmer progresses/develops differently
 - Better Technique does not always equal faster times
 - Faster times do not always equal better technique
- **Be Supportive** (of the Coach & Swimmer)
 - It is the coach's job to correct stroke technique and develop racing strategy. Support the coach by not taking on this role.
 - Young swimmers crave the approval, positive reinforcement, and emotional support of their parents. Support your swimmer by taking on this role.
- **Be Involved** (with the Club)
 - Volunteer at Meets
 - Communicate with /join the parent board
 - Fundraise/plan social events
 - Recruit/sell program to potential swimmers (parents)
- **Be Informed** (Communication/swimming information)
 - Email/Phone/ Website/Newsletter/Articles
 - Ask questions of Coach and parents

Communication

It is imperative that the coach, parents, and swimmer are consistently on the same page. **Every week (on Sunday or Monday) an email will be sent out with the schedule, upcoming events, and additional news for the group.** This information will also be provided on the Website under "Group News." Monthly Newsletters will be sent out for the Club. If any practice/meet changes should arise a tweet (@GroupGroupUpdate) will be sent out, and an email will be sent.

Should any questions or concerns arise please use any of the following methods to contact the coach:

- **Email:** weisejason@prcommunityed.org : Email is the best way to communicate with the coach.
- **Phone:** Should a parent prefer to talk with the coach on the phone it's provided below. Any questions concerning general club information (Payment, meet information, ect) should be directed to the office.
 - Coach Jason: (636)-891-6634
 - Office/Beth: (636)-891-6638
- **In Person:** The Coach will usually be available to talk with parents and answer questions after practice. Individual meetings with parents can be set up with the coach.
- **Meet Info:** In depth meet information can always be found on the website under the Meets/Events tab. Click on the "Meet Invitation" link for most of the info.

Move-Up Standards (Senior Group)

Rockwood Swim Club

- Be 12 yrs old (Few Exceptions for 11.5 based on time of year)

- Swimmer must be able to finish at least two of the test sets (listed below) with an amount of comfortability (intervals are short course yards):
 - 16 x 100 free @ 1:30 or 8x 200s @ 3:00
 - 5 x 200 IM @ 3:15
 - 8 x 100s fly @ 1:40 or back @ 1:35 or breast @ 1:50

- Must compete an average of one meet a month

- Swimmer will need to provide his/her coach with a strong sense of drive during practice. In other words, show everyday that they are working hard in order to make it to the next level.