

# Rockwood Swim Club

## National Prep Handbook

### **Standards**

There are certain standards that are required to have been met when moving into this group from the Senior group, or from another club. These requirements focus on a desire to attend practice regularly with great effort, and an interest in participating in meets on a regular basis.

1. Must turn 13 during the semester that they move up.
2. Be able to complete the following sets:
  - a. 16x100 Fr @ 1:20 or 8x200 Fr @ 2:40
  - b. 8x200 IM @ 3:00
  - c. 10x100 Fly @ 1:30 or 10x100 Bk @ 1:25 or 10x100 Br @ 1:40
3. Must have a history of competing in meets and is motivated to attend an average of 1 meet per month.
4. Has a goal of making 2 Sectional cuts and continuing on in our program.
5. Has the recommendation of the previous coach and meets all expectations during the 30 day trial period.

### **Attendance**

Attendance is important. It is as simple as that. It is expected of every athlete in the group that they make a minimum of 80% of the scheduled practices each month. We offer 6 practices during the school year, a couple more in the summer. 5 out of 6 practices gets and 83% attendance rate. Attendance will be tracked digitally with the OnDeck app that works with our website. Being at practice consistently ensures that everyone receives the same training and the same attention by the coaching staff. Swimmers are expected to inform the coach when he/she will be missing practice. High school swimmers will need to address their plans for the season with the coach. Some participation is expected with these athletes. Swimmers that end the month below 80% will be given another month to reach the required level. After the 3<sup>rd</sup> month of falling below the expectation, the swimmer's group assignment may be changed.

## **Schedule**

The practice schedule for the group may change during the season from week to week due to meets, the high school schedules, or other things that may be out of our control. It is the goal of the coaches to give as much warning as possible in these cases. The practice schedule will be updated on the website weekly. The easiest way to ensure that you get the correct schedule will be to sign up for Twitter, and follow NPUpdates. You can choose to have these updates sent to your phone and thus get the information the instant that it is sent out.

## **Meets**

Participation in meets is expected on a consistent basis at this level of the program. Rockwood Swim Club is a highly competitive program that competes in meets locally as well as nationally. It is our commitment as coaches to keep the club going in that direction. Meets are offered frequently, although the schedule varies from year to year. We make it a point to offer many opportunities for our athletes to compete and improve. If a meet is on the National Prep meet schedule, that means that it is recommended for those swimmers. Certain meets may be pushed more than others, and that may reflect a team or group goal.

There are 4 meets throughout the year that are considered Championship Meets for this age group, and we strive to compete at the highest level at these meets. The goal for these meets is for Rockwood to place very high as a team at these meets, and for our specific age groups to attempt to place first as a team. If a swimmer meets the criteria for entering any or all of these meets, they are expected to compete in them unless there is a higher level meet to attend the same weekend. The meets are as follows:

1. Ozark A Championships (November)
2. Ozark Senior Championships (15 & O February)
3. Division I Championships (14 & U February)
4. Long Course Championships (July)

## **Group Philosophy**

The National Prep group trains swimmers to compete in a wide variety of events. We are an IM based program that focuses on proficiency in all strokes and distances.

Swimmers will be expected to compete in the full range of events, which includes swimming both the shortest races as well as the longest ones. It is fully expected that each athlete will have their strengths and weaknesses, but that they approach everything with a positive attitude and a commitment to do their very best every time they hit the water.

Sportsmanship both in and out of the pool is a big deal. The athletes in NP are expected to be respectful and encouraging to one another as well as to themselves. This group is based on performance, but swimmers can be doing a great job without making Sectionals or going last in a lane. We need to support our teammates in a positive manner while all working towards our individual and group goals.

Technique is worked on throughout the year, and there is seldom a day where it is not discussed. It is expected that the athletes try to apply that work when they are swimming. You will do what you have consistently done. Perfect practice makes perfect.

## **Staff**

Sean Harrison is the lead coach of the group. He has been with Rockwood Swim Club since 2008. Sean also has an interest in the progression of the LSC as a whole. There has been consistent success with this group for a long time now, and we look forward to the continuation of that success.

The National Prep group will be working closely with the National group and coach Mary Liston at the beginning of the year to create a strong base for technique. This allows the two groups to build a strong bond between them, which is essential due to the goals that we have.

We will have some help throughout each year from assistant coaches. Each coach brings something valuable to the pool deck. These coaches will assist in running practice and helping swimmers with their technique and race strategies.

### Contact Information

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