

Oct 2017

Welcome to Performance Prep:

The goal of this group is taking what you have learned, expand on it, learn new ideas/concepts and get you ready for the Performance Groups. What you will see on the next page is a breakdown of what you need to know as we all move forward. Our current goal is to get everyone to understand and work towards meeting all these requirements throughout the 2017-2018 swim season.

The Performance Prep group is for swimmers who want to make this sport a long term activity and for swimmers who want to reach as high as possible. The priority for swimmers in this group is Academics first and Swimming should be a close second. You are a Student/Athlete.

Please read and understand what this group is about and let me know if you have any questions and/or concerns.

My email is Bmeacham@santaclaraswimclub.org.

Thank you.

Brad Meacham – Lead Coach Performance Prep.

Please acknowledge with signature and return to Coach Brad

Swimmer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Performance Prep**

**Expectation:**

* Focus
* Listening
* Technique – being able to make changes is extremely important
* Do what you are told
* Complete Gear Bags at all times

**Attendance:**

* Dryland is Mandatory, 2 out of 3 per week (do it CORRECTLY or go home)
* AM: (Fri) 3 out of 4 per month during the school year
* PM: 70% minimum year round

**Meets:**

* Only meets on schedule
* Others are case-by-case (ask me)
* Travel meets will usually be by Invite only. (case-by-case)
* Meet Attire – must be warmer than weather. Barefoot is NOT acceptable
* Tech suits are when permitted ONLY

**Gear:**

* At practice, Always have: 2 suits, 2 goggles, 2 caps (things break)
* Have FLUID
* If you need an Inhaler, have one in your gear bag pool side
* A complete gear bag

**Learning Items**: Things we will learn as we mature as athletes/swimmers

* Training
* Energy Management
* Systems
	+ Heart Rate
	+ Aerobic
	+ Anaerobic
	+ Threshold
	+ VO2 Max

Regular attendance is a huge part of being successful in swimming. Swimming takes coordination, stamina and the ability to feel and move yourself through the water and that only comes from regular attendance. The goal is **90%** attendance but 70% monthly average will be the minimum. I understand life happens and it is not always doable. If after three months with attendance less than 70%, we will need to meet for a discussion.

Focus on the task at hand is another important part of improving technique and endurance. Since we can only focus and feel the water while we are ‘in the pool’, our focus time is limited. While at practice, listening, understanding and implementing what is being taught is crucial to improving.

Attitude is a make-or-break requirement for excelling. Positive attitude towards your teammates help the entire program as creates a positive training environment for everyone. If you have a bad attitude towards what you are doing, you will not enjoy the process. If you cannot enjoy the process, you will resent the process which can lead you down a path of failure.

Accountability is a must for this group. There is only so much a coach/parent can do, the swimmer is ultimately responsible for success. At this point, the swimmer must own their swimming career. If you need to miss practice, I understand. I would like to know ahead of time. However, that is not always possible but please do the best you can. Disappearing for days on end will result in removal from the group.