



Senior Prep 2016-2017 Season

Swimmers Age Range: 12 – 16

Swimmers will be assessed for all programs to place them into an appropriate group based on skill level and age. See below for group transition guidelines

Practices per week: available 9

- Lee AM - 4:30am to 6:00 Monday/Tuesday/Wednesday/Thursday(with permission)/Friday
- Lee PM - 6:00pm to 7:30 Monday –Thursday
- Saturday - when available
- Long Course practices – twice a week starting in April - July

***Expected Training days/week – 3 – 5 per week

Training Location: Lee District Rec Center

Payment and Fees

	Full Payment	OR	8 Payments + 7% fee
Senior Prep	\$3625		\$484.84

A valid credit card on file will be required for timed payment plans and must be paid in full by March 1, 2017.

Early Bird Discount - \$150 on or before May 15, 2016; \$75 on or before June 15, 2016

****NEW for 2016-2017** - Meets – all families will be responsible for their own meet fees and billed upon meet entry.**

Sibling discount - \$225 reduction for each additional member participating in our USA swim team programs.

Description:

The Senior Prep training group is designed to be a progression from our Age Group 3 and Age Group Performance USA Swimming Competitive programs with approval from the coaching staff. The age range is generally 12-16, but this is determined on an individual basis. Swimmers train anywhere from 3 – 6 days per week. These swimmers may participate in other sports, but are dedicated to swimming and the many things it requires for success. Our season is split up into three parts. We have two short course seasons fall and winter and a long course season in the spring and summer.

Concepts being taught:

- Distance per stroke
- Stroke count - they can start to develop stroke count awareness for freestyle and priority stroke/s and be able to do a simple set based on this stroke count (freestyle: 16-20 strokes, backstroke 16-20 strokes, breaststroke: 8-12 strokes, fly: 8-12)
- Interval training
- Rest interval
- Descending
- Pacing
- Dolphins kicks off wall – 6 - 8

Sets Associated with Group:

(Note: all sets can be modified for individual swimmers to increase or decrease difficulty. Modifications could be no fins for strong swimmers and fins for those that can't make interval. Stronger swimmer could do priority stroke or could kick/swim the set.)

- 10 x 50 free on :50
- 16 x 50 medley on 1:00
- 10 x 100 free swim on 1:30
- 8 x 200 on 3:00
- 20 x 50 free/no free @1:00/1:15



Senior Prep Expectations

The group goal is for the swimmers to continue to develop all four strokes and the individual medleys in all of the distances. They will be encouraged to actively participate in their goals and growth in the sport of swimming, which will include discussion and accountability on communication, making their planned workouts, nutrition, and short/long term goals. They will be encouraged to work together to make the group stronger and thus the individual outcome stronger.

Goal Setting: Swimmers should be setting practice goals, meet goals. They should begin to keep track of the type of food they are eating and hydration level. They will keep a practice and meet log book that will be reviewed by the coach on a regular basis.

Communication: Swimmers should be proactive about training schedule and communicate when they will miss and how they plan on making the practice up.

Meets:

- Swimmers should be actively involved with meet sign up and events selected. Coaches can give general guidance prior and review individual events after swimmers selection.
- Swimmers will be knowledgeable about how to warm up for a meet, warm down after an event, and with facilitation and fading prompting from the coach in preparing for each individual event during a meet. This could include, getting heart rate up for sprint events, pacing for 200 and above events, and pre-race routines and the timing associated with each.
- Swimmers are expected to see a coach before a race, warm down after a race and then come and review race in a timely manner. Swimmers should be able to give race feedback as a part of the overall race review.
- Swimmers should be able to answer the question "how are going to race this event".
- Swimmers in this group should be knowledgeable
 - Motivational times
 - IMX meet events and points
 - Power points
 - Meet Progressions – e.g. Open, Age Group Champs, Zones, Sectionals, Junior Nationals, Senior Nationals, Olympic Trials

Transition: swimmers will transition when appropriate based on multiple factors and criteria. Coaches should communicate on a regular basis.

Transitions can occur:

- the beginning of the year
- after a natural break in the season – ie after Fall Champs, Spring Champs meets
- as part of a coordinated plan with the Senior coach, parent and swimmer that involves a gradual move to the next level

Criteria coaches consider - here are a few things that we use to help us decide if the swimmer is ready for the Senior Group

1. Is the swimmer successful in the current group?
2. How many days of week are they training regularly?
3. Are they eager for the next level or step?
4. Can they handle current workload during workouts?
5. Can the swimmer communicate on an appropriate expected level with the coach?
6. Can they handle 10 x 200 on 3:00

Required Equipment:

- Fins
- Snorkel + nose plug
- Stretch Cordz
- NCAP cap
- Kickboard
- Pull-buoy
- Hand Paddles