Nation’s Capital Swim Club – Alexandria Team

Age Group 3
2019-2020 Season

Swimmer Age Range: 11 – 14 year olds
***Swimmers will be assessed for all programs to place them into an appropriate practice group based on a combination of skill level and age. See below for group transition guidelines. Programs are billed based on age alone***

Online Registration Options: 1 day team/2 day team
1 day option available only at Mount Vernon and GW Rec.
If swimming at Lee Rec an athlete must be swimming 2 days or more per week
***coaches can be a resource for guidance on how day/s a week of training is appropriate for a swimmer***

Training Locations:
● Lee District
  Monday – Thursday 5:00 – 6:00 pm Age Group 3
  Monday/Wednesday/Friday 4:30 – 6:00 am Age Group 3
● Mount Vernon
  Tuesday & Thursday 7:00 – 8:00 pm Age Group 3
  Monday/Wednesday/Friday 5:00 – 6:00 am Age Group 3
● George Washington
  Monday & Wednesday 5:15 – 6:15 pm Age Group 3

Note: All Afternoon practices cease after Memorial Day 2019 (Morning practices only).

Payment and Fees
Full Payment OR 8 Payments (Includes 7% fee)

11-12 1 day team $1,945 $261.00
11-12 2 day team $2,495 $334.00
13-14 1 day team $2,045 $274.00
13-14 2 day team $2,645 $354.00

Note: Age of swimmer for billing is as of 12/31/2019

Note: AG-3 1 day per week swimmers will be placed at MV Rec or GW Rec alone. Lee Rec AG-3 must have a commitment of at least at least 2 days per week of practice.

A valid credit card on file will be required for timed payment plans and all fees must be paid in full by March 1, 2020.

Early Bird Discount - $200 on or before May 15, 2019; $75 on or before June 15, 2019

Sibling discount - $250 reduction for each additional member participating in our USA swim team programs.

Meet Fees Notice – all families will be responsible for their own meet fees and billed on the 1st of each month with the normal billing cycle.

Description: Swimmers progress from Age Group 3 to Age Group Performance (or High School Fitness) on our competitive USA Swimming team. After Age Group Performance swimmers can either progress to the High School Fitness Training Group or the Senior Preparation Level for USA Swimming competition (Senior Prep.). They are building on the skills that they have learned before, including leaving the wall from ready position, good body lines during streamlines, dolphin kicking off the walls, and bilateral breathing. In freestyle, we will work to increase power and speed of kick during stroke across increasing distances and begin to use snorkels and equipment to increase cardiovascular fitness and body position. In butterfly, we will work on racing fly across short distances with appropriate speed and timing of stroke at ALL times. In backstroke, they will work on increasing dolphins off wall to 5 – 6 by learning how to breathe properly during stroke and pushing off wall with proper depth and “strong body”. In breaststroke, they will begin to count their strokes and will develop an individual stroke count and strategy to maintain during practice and races.
They will continue to develop all four strokes in distances of 50, 100, 200, and 500 with the 200 medley being a benchmark event for swimmers in this group. Practice intensity will increase as will expectations of swimmers to come to practice mentally and physically prepared. Swimmers are encouraged to practice like they plan on racing and will build on acquired skills of: efficient and legal stroke mechanics, starts and turns for all four competitive strokes. They will continue to improve mechanics and race strategy for all four strokes and distances of 50, 100, 200, 500, and may explore the 1000. The 200 individual medley will be used to measure overall progress across all strokes. Practice intensity will increase as will expectations of swimmers to come to practice mentally and physically prepared. Typical racing distances in practice will be 25s, 50’s and 100’s. Drills to improve breath control and underwater efficiency will also be emphasized. Swimmers will become more independent during meets.

Concepts Taught:
- Increase distance per stroke
- Develop stroke count awareness for freestyle and priority stroke(s) and be able to do a simple set based on this stroke count (for example, freestyle=16-20 strokes, backstroke =16-20, breaststroke= 8-12 strokes, fly= 8-12)
- Consistent Interval training and rest interval
- Learn how to descend within a set
- Practice consistent pacing
- Increase dolphins kicks off wall to 5 – 6
- Terminology – including, long and strong, breakouts, stroke phases “recovery and catch”, 15 meter marker rules per each stroke

Age Group Three Group Expectations

Goal Setting - Swimmers will set practice goals and meet goals. They will begin to track of the types of food they are eating and hydration levels.

Communication - Swimmers will be proactive in adhering to the training schedule. The swimmers and the parents will communicate with the coach about missing and making up practice time.

Meets

***In this group, traditionally swimmers do meets but this is not a requirement.***
- Swimmers will be actively involved in selecting events and meets. Coaches will provide guidance about selecting appropriate events/meets prior to meet registration. Coaches will subsequently review entries ensuring appropriate event/meet selection.
  - Swimmers will warm up for a meet and warm down after an event with minimal prompting from the coach This may include, general warm-up, getting heart rate up for sprint events, pacing for 200 or longer events, as well as knowing when to warm up and what to do prior to each event.
  - Swimmers are expected to follow the race routine of conferring with the coach prior to the event, subsequently warming down, then meet the coach to review the race in a timely manner.
  - As part of the race review, without prompting from coaches, swimmers will offer feedback on the positive aspects and “areas of improvement” of their race.
  - Throughout the season, swimmers will use their prior race and practice experiences in discussing race strategies, goals and expectations with the coach.

Transition: Swimmers will transition to Age Group Performance/Senior Prep when appropriate based on multiple factors and criteria. Coaches will communicate to swimmers and parents on a regular basis.

Transitions can occur:
- the beginning of the year
- after a natural break in the season e.g., after Winter or Spring Breaks or
- when a swimmer increases number of days of training and moves into a new group or
- when a swimmer changes an age-group, e.g., from 11-12 to 13-14 during the season.
- Transitions can be done on a trial basis before actual transition occurs

Criteria coaches consider when deciding the swimmer ready for Age Group Performance/Senior Prep.
1. Is the swimmer successful in the current group?
2. How many days of week are they training?
3. Does the swimmer attend practices regularly?
4. Are they eager for the next level or step?
5. Swimmer should have four legal strokes
6. Can they handle current workload during workouts? How do they perform on a set of 10 x 50’s on :50 stroke and
10 x 100 free 1:30

7. Are they swimming appropriate events at meets? They should be swimming two-three strokes and/or distances per meet.

8. Can the swimmer effectively communicate on an appropriate level with the coach?

Required Equipment

- Fins
- Kickboard
- Pull-buoy
- Goggles
- NCAP Cap
- Snorkel and nose plug (see coach for regarding brand and size prior to purchase)