



Nation's Capital Swim Club – Alexandria Team



Age Group 1 2020-2021 Season

Swimmer Age Range 6–9 years old

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 – 8 & under 1-day team (if we have room we will notify you of a 2nd day option)

Training Locations

- | | | |
|---------------------|--------------------|--------------|
| • Lee District | Monday- Thursday | 5:00-6:00 pm |
| • Mount Vernon | Tuesday & Thursday | 6:00-7:00 pm |
| • George Washington | Monday & Wednesday | 5:15-6:15 pm |

Note: All 8U Afternoon practices cease after Memorial Day 2021

Payment and Fees

	Full Payment	OR	8 Payments (Includes 7% fee)
8 & under 1 day team	\$1,445		\$ 127.06
8& under 2 day team	\$2,045		\$254.10

A valid credit card on file will be required for timed payment plans and all fees must be paid in full by March 1, 2021.

Registration Deposit \$495 to reserve a place

Sibling discount - \$150 reduction for each additional member participating in our USA swim team programs

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

Note: Age of swimmer for billing is as of 12/31/2020

Description- Age Group 1 is a progression on our Learn to Compete 1 and 2 programs and or Stroke School. Swimmers should be able to swim freestyle and backstroke and have knowledge and some understanding of breaststroke and butterfly. They are building on the skills that they have learned before, including ready position, tight streamlines, and starts. They will continue to develop all four strokes and distances of 25', 50, and may explore the 100 IM and Free. The 100 individual medley will be an event that 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. Racing distances in practice will be mainly 25's, 50's, and 100's. Swimmers in 1 and 2 day team may choose meets.

Practices include drills, skills, language of swimming, reinforcing proper technique with conditioning, racing skills along with starts, turns and finishes. This group will have the opportunity to participate in coach selected meets. Meets start in October and end in March.

Meets

- Swimmers with Coach and Parent assistance at these ages should be actively involved with meet sign up and events selected. Coaches can give general guidance prior and review individual events after swimmer's selection.
- Swimmers will begin to learn how to warm up for a meet, warm down after an event, while promoting independence from the coaches.
- Swimmers are expected to see a coach before a race, warm down after a race and then come and review the race in a timely manner. Swimmers should be able to give race feedback as a part of the overall race review and be able to discuss positive and "areas of improvement" for each race.
- Swimmers will be able to answer the question "how am I going to race this event" as the season progresses and they increase their number of racing experiences.

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 swim year or
- after a natural break in the season e.g., after Winter or Spring Breaks
- when a swimmer increases number of days of training
- when a swimmer changes ages 9-10 and can handle an increased challenge to prepare for new event distances.

Criteria coaches consider - here are a few things that we use to help us decide is the swimmer ready for the next group.

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?



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5. Can they handle current workload during workouts and could benefit from more?
6. Are they swimming meets with appropriate events?
7. Can the swimmer communicate on an appropriate expected level with the coach?

Required Equipment: NCAP cap, Fins, Goggles and Racing Style Suit