



Nation's Capital Swim Club – Alexandria Team



Age Group 2 2020-2021 Season

Swimmer Age Range: 9 – 11 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: 1-day team/2-day team/3-day team

Coaches can be a resource and give guidance on how many days a week of training would be appropriate for a swimmer.

Training Locations

- Lee District

Monday – Thursday	5:00 – 6:00 pm
Monday/Wednesday/Friday	4:30 – 6:00 am (coach approval required)
- Mount Vernon

Tuesday & Thursday	7:00 – 8:00 pm
Monday/Wednesday/Friday	5:00 – 6:00 am
- George Washington

Monday & Wednesday	5:15 – 6:15 pm
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Note: All Afternoon practices cease after Memorial Day 2021 (Morning practices only). If you would like to train after Memorial Day please inquire to your coach for details. We will ONLY offer 2 day team option for our returning members this year at Lee.

Payment and Fees

	Full Payment <u>OR</u>	8 Payments (Includes 7% fee)
9-10 1 day team	\$1,825	\$177.89
9-10 2 day team	\$2,395	\$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 your place

Sibling discount - \$150 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.

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

Description:

Swimmers progress from Age Group 1 to Age Group 2 on our competitive USA Swimming team. In Age Group 2, swimmers build on their acquired skills from Age Group 1, including leaving the wall with improving ready positions and body lines during streamlines. In Freestyle, they will continue to build on bilateral breathing concepts across different distances, and with a new emphasis on swimming fast through turns without breathing in/out of turns. In butterfly, they will learn about breathing patterns and a new emphasis on using the core to control and coordinate the pull and kick. Breaststroke, they will increase distance off walls during pullouts, with a new emphasis on refining the timing of the pull and kick followed by improving body lines during reach. Finally, backstroke, they will work on swimming with a consistent tempo and rhythm across 50 and 100's.

In Age Group 2 they will continue to develop all four strokes and distances of 50, 100, and 200 (free and individual medley). 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 25, 50's, and 100's, with emphasis on combination of technique and speed.

Concepts Taught in Age Group 2

- Improve stroke mechanics in all four competitive strokes through drills and positive feedback
- Increase efficiency and speed in starts and turns



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- Gain awareness of stroke count - begin to work on counting strokes to begin increase distance per stroke
- Progressively develop Interval training and rest intervals
- Develop pacing skills
- Increase the number of dolphins kicks off wall to 3-4

Age Group Two Group Expectations

Goal Setting: Swimmers will begin setting practice and meet goals for primary events (i.e., 100 free, 100 stroke). They will increase knowledge of good nutrition habits by discussing the importance of good nutrition and proper hydration and its impact on swimming performance.

Communication: Swimmers will begin to be a part of the communication loop with the coach and parent regarding practice schedule, meet attendance, meet events, and overall expectations and goals. At this level of competitive swimming it's important for parents, swimmers, and coaches to be on the same page in terms of training, goals, expectations, and progression.

Meets:

Swimmers in this group are encouraged but not required to swim meets. This is done on an individual basis

- Swimmers will become more independent in the swim meet experience.
- Swimmers will be actively involved with selecting meets and events. 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 learn how to warm-up for a meet and warm-down after an event with fading prompting from coaches.
- Swimmers will become more independent with pre-race/post-race procedures - discuss swim/s with their coach before a race, warm-down after it, then review the race with the coach in a timely manner. As part of the race review, coaches will prompt swimmers to offer feedback on the positive aspects and "areas of improvement" of their race. .
- As race experiences increase throughout the season, swimmers will be able to discuss race expectations and strategy and begin to compare it to past races and experiences.

Transition: Swimmers will transition to Age Group 3 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 swim year or
- 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 9-10 to 11-12 during the season.

Criteria coaches consider when deciding the swimmer ready for Age Group 3.

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. Can they handle current workload during workouts?
6. Are they swimming appropriate events at meets?
7. Can the swimmer effectively communicate on an appropriate level with the coach?

Required Equipment

- Fins
- Kickboard
- Racing style suit
- Pull-buoy
- Goggles
- NCAP cap