



Nation's Capital Swim Club – Alexandria Team



Age Group 3 2020-2021 Season

Swimmer Age Range: 11–14 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

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

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

Payment and Fees

		Full Payment	<u>OR</u>	8 Payments (Includes 7% fee)
11-12	1-day team	\$1,995		\$200.62
11-12	2-day team	\$2,545		\$274.19
13-14	1-day team	\$2,095		\$214.00
13-14	2-day team	\$2,695		\$294.25

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

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 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, 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.

Description:

Swimmers will build on what they have learned in Age Group 2 and now increase their endurance, improve their focus in both workouts and meets and hone their skills in reading the pace clocks, learning swim concepts and ensuring all strokes are legal as well as all turns.

Age Group Three Group Expectations

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.



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Meets

*****In this group, traditionally swimmers do meets but this is not a requirement. *****

- 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 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 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
- Transitions can be done on a trial basis before actual transition occurs

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

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