



Nation's Capital Swim Club – Alexandria Team



Age Group Performance 2020-2021 Season

Swimmer Age Range: 11-14

Swimmers will be assessed by current AG3 coaches, approved by AGP coaches and placed in this program. It is a combination of skill level and age, see transitions below for additional guidelines. Programs are billed based on age alone, as of 12/31/20.

Online Registration Option: 3 day per week minimum, more are encouraged.

Training Locations:

- Lee District Monday, Tuesday, Thursday 6:00 - 7:30 pm and Wednesday by invite
Afternoon training/practices cease after Memorial Day 2021 (Morning practices only)

Monday-Friday 4:30 – 6:00 am

Spring and Summer Long Course available

Saturdays will be announced when available.

Payment and Fees

Full Payment **OR** 8 Payments (includes 7% fee)

11-12 Age Group Performance	\$3,495	\$401.25
13-14 Age Group Performance	\$3,645	\$421.31

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

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 progress from Age Group 3 to Age Group Performance on our competitive USA Swimming team. A coach's recommendation is required for placement. The athletes are building on the skills that they have learned, including good body lines during streamlines, dolphin kicking off the walls and bilateral breathing. In each stroke they will see more attention given to the finer points like tighter streamlines off walls, better starts and turns, counting their strokes and developing their own individual stroke counts. They will focus on learning to race 200's, improving their IM and learning how to maintain their strokes throughout a race.

As they continue to improve the strokes in all distances up to the 500, the 200 medley will be a benchmark event for them. Practice intensity will increase as the season and training progress and our expectations of the swimmers will be to come to practice mentally and physically prepared. Swimmers are encouraged to practice like they plan to race. Swimmers will become more independent during meets.

Concepts Taught:

- Increase distance per stroke
- Consistent Interval training and rest interval
- Learn how to descend within a set
- Practice consistent pacing



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- Terminology –example long & strong, breakouts, stroke phases, 15-meter marker rules per each stroke

Age Group Performance Group Expectations

Goal Setting - Swimmers will set practice goals and meet goals. They will begin to track 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 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 and Spring breaks 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 a 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 workout load? How do they perform on test sets such as: 10 x 50's on :50 free and 10 x 100 free 1:30?
6. Are they swimming appropriate events at meets? They should be swimming two-three strokes and/or distances per meet.
7. 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