



# Nation's Capital Swim Club Alexandria

## J&M Swim 2021-2022

### Age Group 3



#### Required Equipment:

- \* Fins
  - \* Kickboard
  - \* Pull-Buoy
  - \* Goggles
  - \* Snorkel & Nose Plug
- (see coach for brand & sizing)

**Age Group 3:** Swimmers Age 11-14  
**Frequency:** 1 and 2 day team options  
**Locations:**

#### Lee District

Mon- Thur 5:00 PM-6:00 PM

Mon/Wed/Fri 4:30-6:00 AM

#### Mount Vernon

Tue/ Thur 7:00- 8:00 PM

Mon/Wed/Fri 5:00-6:00 AM

\*1 Day Option only available at Mount Vernon

#### Concepts & Areas of Focus

Swimmers will build on what they have learned in AG2  
 Increase their endurance and, improve their focus in both workouts and meets  
 hone their skills in reading the pace clocks, learning swim concepts and ensuring all strokes and turns are legal

#### Goals & Focus:

Swimmers are proactive in following a training schedule  
 Swimmers and Parents will communicate with the coach about missing practices and making up practice time

Fees:		Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
11-12	1 Day Team	\$2,045	\$1,870	\$273.51
11-12	2 Day Team	\$2,595	\$2,420	\$347.08
13-14	1 Day Team	\$2,245	\$2,070	\$300.27
13-14	2 Day Team	\$2,745	\$2,570	\$367.14

- Swim Meet Fees are not included
- \$600 non refundable per swimmer
- Early Bird Discount - \$175 on or before May 31, 2021
- Sibling discount - \$150 reduction for each additional member participating in our USA swim team programs.
- Programs are billed based on age as of December 31, 2021
- Afternoon practices end Memorial Day 2022
- For summer morning practice information, contact your coach



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#### Meets:

Swimmers in AG3 typically participate in meets but not required to swim in meets. The following skills are focused on during swim meets

- ❖ 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 to Age Group Performance:

Transition between groups can occur:

- ❖ At the start of the swim year
- ❖ After winter break or spring break
- ❖ When swimmer increases their training days
- ❖ When a swimmer changes age-group (for example 9-10 to 11-12 during the season)

To prepare for transition, coaches consider the following:

- ❖ Is the swimmer successful in the current group?
- ❖ How many days of week are they training?
- ❖ Does the swimmer attend practices regularly?
- ❖ Are they eager for the next level or step?
- ❖ Swimmer should have all 4 strokes legal
- ❖ Can they handle current workload during workouts?
- ❖ Are they swimming appropriate events at meets?
- ❖ Can the swimmer effectively communicate on an appropriate level with the coach?

