



# Nation's Capital Swim Club Alexandria

## J&M Swim

### Age Group 1



#### Required Equipment:

- \* Fins
- \*Goggles
- \*NCAP Swim Cap
- \*Racing Style Swimsuit

#### Concepts & Areas of Focus:

- ❖ Swimmers should be able to swim freestyle and backstroke and have some knowledge of breaststroke and butterfly
- ❖ Building on prior skill including ready position, tight streamlines, and starts
- ❖ Further develop all 4 strokes and distances of 25, 50, and may explore 100 free and individual medley (IM)
- ❖ 100 individual medley will be an event 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.

#### Goals & Focus:

- ❖ Swimmers will begin setting practice and meet goals.
- ❖ Increase knowledge of the importance of good nutrition and hydration and its impact on swimming performance.
- ❖ Be an active participant in communication between coaches and parent for practices, meets, goals and expectations.

**Age Group 2:** Swimmers Age 6-9

**Frequency:** 1, and 2 day team options

#### Locations:

Lee District

Mon/Wed OR Tue/Thur 5:00 PM-6:00 PM

Mount Vernon

Tue/ Thur 6:00-7:00 PM

George Washington

Mon/Wed 5:15-6:15 PM

Fees:	Full Early Bird		8 Payments
	Full Payment	Payment	(includes 7% fee)
1 Day Team	\$1,495	\$1,320	\$199.96
2 Day Team	\$2,175	\$2,000	\$290.91

- \$600 non refundable per swimmer
- Early Bird Discount - \$175 on or before May 31
- 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, 2022
- 8 & Under practices end Memorial Day



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#### Meets:

Swimmers in AG1 have the opportunity to participate in coach selected meets between October and March. The following skills are focused on during swim 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 to Age Group 2:

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 ages 9-10 and can handle an increase challenge to prepare for new event distances

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?
- ❖ Can they handle current workload during workouts?
- ❖ Are they swimming appropriate events at meets?
- ❖ Can the swimmer effectively communicate on an appropriate expected level with the coach?

