



Nation's Capital Swim Club Alexandria

J&M Swim

Age Group 2



Age Group 2: Swimmers Age 9-11

Frequency: 1, 2, and 3 day team options

Locations:

Lee District

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

Mon/Wed/Fri 4:30-6:00 AM** w/ Coach Approval

Mount Vernon

Tue/ Thur 7:00- 8:00 PM

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

George Washington : Mon/Wed 5:15-6:15 PM

Required Equipment:

- * Fins * Kickboard *Pull-Buoy
- *Goggles *NCAP Swim Cap
- *Racing Style Swimsuit

Concepts & Areas of Focus

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

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 participate in communication between coaches and parent for practices, meets, goals and expectations.

Fees:	Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
1 Day Team	\$1,895	\$1,720	\$253.46
2 Day Team	\$2,525	\$2,350	\$337.72

- ➔ If your swimmer is 11 on or before 12/31/22, refer to Ag 3 pricing.
- ➔ \$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
- ➔ Afternoon practices end Memorial Day
- ➔ For summer morning practice information, contact your coach



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Meets:

Swimmers in AG2 are encouraged but not required to swim in meets. The following skills are focused on during swim meets

- ❖ Gaining independence at swim meets
- ❖ Being actively involved in selecting events with guidance from their coach.
- ❖ Coaches review entries ensuring appropriate event/meet selection and follow up with swimmers.
- ❖ How to warm-up for a meet and warm-down after an event with fading prompting from coaches.
- ❖ Become independent with pre & post race procedures - discuss swim with their coach before a race, warm-down, and speak with coach for feedback after a race.
- ❖ As part of the race review, coaches will prompt swimmers to offer feedback on the positive aspects and “areas of improvement” of their race and compare to their previous races.

Transition to Age Group 3:

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?
- ❖ 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?

