# mssclogo[1]

Dear Parents,

We at MSSC are delighted that you have chosen our program in the past as your child’s swim training program. We are pleased to have trained 50 plus athletes this last year with the following notable achievements: 5 of 6 graduating seniors going on to swim in college, 2 sectionals SCY qualifiers, 5 LC Zone qualifiers, and numerous LSC Champs qualifiers.

As we plan for the new swim season, there are some considerations that must be made to continue to offer a high quality select training program within the parameters of the time and space available at Fairland Aquatic Center.

**Senior Training Group**

* Age range: 13-18 years old
* Practice commitment: 5-6 workouts per week, September - July
* Meet commitment: both days of scheduled meets, unless excused by coach
* Expected to swim in LSC championship meets for which they qualify
* Encouraged to attend higher level meets as family economy allows.
* Dryland training and Long Course Training **required**
* Commitment to train and compete at the highest level within swimmer’s potential
* The time standards below indicate the athlete who is ready to train in the MSSC Senior Training Group

Times standards:

* 10 x 100 kick @2:00
* 8 x 100 swim non-free @1:40
* 5 x 200 Free @2:40
* 2 x 400 IM @ 6:00

Required Equipment: Fins, TYR Catalyst paddles, mesh equipment bag, snorkel

**Junior (Pre-Seniors) Training Group**

* Minimum age 13 years old
* Practice commitment: 5-6 workouts per week, September - July
* Meet commitment: both days of scheduled meets unless excused by coach
* Expected to swim in LSC championship meets for which they qualify
* Encouraged to attend higher level meets as family economy allows.
* Dryland training and Long Course Training required
* Competitive swimming should be a priority in their life

Times standards:

* 10 x 100 kick @2:10
* 8 x 100 swim non-free @2:00
* 8 x 100 Free @1:30
* 2 x 400 IM @ 7:00

Required Equipment: Fins, TYR Catalyst paddles, mesh equipment bag, snorkel

**Junior (Age Group Select) Training Group**

* By invitation of coaching staff after training with MSSC for one year
* Age range: 9 -13 years old
* Practice commitment: 4 -5 workouts per week – September - July
* Athletes are exposed to training at a higher level
* Athletes are preparing to swim longer distance events, including 200 Freestyle, 500 Freestyle, 200 IM.
* Meet commitment: both days of scheduled meets unless excused by coach
* Dryland training and Long Course Training encouraged

Times standards:

* 10 x 50 kick @ 1:15
* 6 x 100 Free @2:00
* 6 x 100 IM @2:20

Required Equipment: Fins, TYR Catalyst paddles, mesh equipment bag, snorkel

It is imperative that we correctly place athletes in training groups based on these parameters in order to ensure optimal training environments. Please contact me at 301-452-3246 if you have any questions about which program is the correct one for your swimmer. For those athletes in the 13-18 year old range who do not yet meet the time standards listed above, I am recommending the Age Group II/Senior Prep program from 5:30 -7 PM each weekday coached by David Miller. David and I will be working in conjunction to develop a training regimen to aid these older athletes to reach their potential in this sport.

Strict adherence to attendance requirements is necessary for the same reason, as well as our need to optimize our allotted lane space. There will be **one** (1) additional weekday morning practice offered, on Fridays at 5:00 AM. This practice has been grossly underutilized in the past; however, it should offer an option to athletes who find it necessary to miss one evening practice to still maintain a high percentage of practice attendance.

Please register early in order to facilitate MSSC’s planning for a great year. Your program fees this year will include one latex team cap and one silicone team cap at the beginning of the year. Before Christmas Champs, the athletes in these select training groups will be given personalized team caps. Any needed training equipment will be available at a team fitting in September at Fairland; and later in the season, coordinated through Lynne, and billed to your account.

I speak for all the MSSC coaches when I say we are honored to work with your athletes

and we are looking forward to another outstanding year!

Sincerely,

Jim Wenhold

20 July 2016