MSSC Advanced Training Groups

Coach: Jim Wenhold email: wenhold@msscswimming.com
Coach: Susie Keys email:keys@msscswimming.com

Criteria: *Permission of Coaching Staff*
Practice schedule: **Sept. 10, 2019 - July 2020**

Junior Training Group (ages 9-13+)

- **Minimum practice attendance** - 4 practices per week
  Mon - Fri 5:30 - 7:00 PM
  Saturday 7:30 - 9:30 AM
  Dryland - Proper attire required
  2 Days TBD 5:00 - 5:25 PM
  Focus: Qualifying for PVS Championship meets/USA-S Age Group Motivational Time Standards

- By invitation of coaching staff after training with MSSC for one year
- Competitive swimming should be a priority in their life
- Athletes are exposed to training at a higher level
- Meet commitment: both days of scheduled meets unless excused by coach
- Athletes are preparing to swim longer distance events, including 200 Freestyle, 500 Freestyle, 200 IM.
- 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

Times standards:

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

Required Equipment: MSSC logo swim cap for meets, Rubber Swim fins, TYR Catalyst paddles, mesh equipment bag.

Senior Training Group (ages 14+)

- **Minimum Practice attendance** 5 practices per week
  Monday - Wednesday - Friday 4:00 - 6:00 PM
  Tuesday - Thursday 4:00 -6:30 PM (6:00 - 6:30 PM will be on deck dryland; proper attire required)
  Saturday 7:30 -9:30 AM
  Dryland at Wellness for Life recommended 3 sessions of dryland/week
  Focus: Qualifying for Summer Zone Team; Training will continue through the 2nd week of August if necessary.

- 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: MSSC Logo swim cap for meets, parachutes, fins, TYR Catalyst paddles, mesh equipment bag

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 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.

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 advanced 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!