



# Membership Handbook

Confident, Ready, Unified, Zealous

# Team Communication

**Team Web Site** : [CRUZswimming.org](http://CRUZswimming.org) [CRUZswimming.com](http://CRUZswimming.com)

If you are not becoming familiar with our team website and all the materials available, you are letting your athlete down by not learning all you can of what they need to succeed.

**CRUZ NUZ** : Great place to find most recent updates and Info

**Email** : Cant find the an answer through the above options ...email your coach.

*(all Coaches & BOD emails are posted on the “coaches” page on the website)*

**Meet with Coach** : arrange in advance to not interfere with practice if at all possible. Safety is important, we need our staff focused on the pool and swimmers.

**WE are all here to help you and your swimmer.**

## **Our Mission**

Building the most comprehensive swim program in Santa Cruz Swimming by promoting; water safety, excellence at all levels, retaining the best staff, and fostering outstanding volunteer support in a family based environment committed to improvement of mind, body, and spirit.

## **Our Philosophy**

We promote water safety through education, competition, and training. We work as a TEAM to achieve individual peak performances in a positive race oriented environment. We provide a progressive program that offers specific training relevant to each swimmers needs and abilities. Santa Cruz Swimming is a non profit organization which can only succeed through the support of our many parent volunteers and professional staff.

## **Vision**

WAVES = Water Safety, Advanced Techniques, Values, Excellence, Support

W - Promote water safety in a fun, safe and exciting environment.

A - Teach advanced quality swim techniques to all athletes at all levels of ability.

V - Promote the Olympic values of sportsmanship, fair competition, and teamwork.

E - Promote each member to strive for personal excellence as the standard of improvement.

S - Assist families to understand effective ways to support their child's swimming career.

## **Swimming is unique from all others.**

Nothing else replicates the skills essential to 'swim'

'Competitive' swimming is even more unique  
...efficiency & consistency is more often important than 'hard work'.

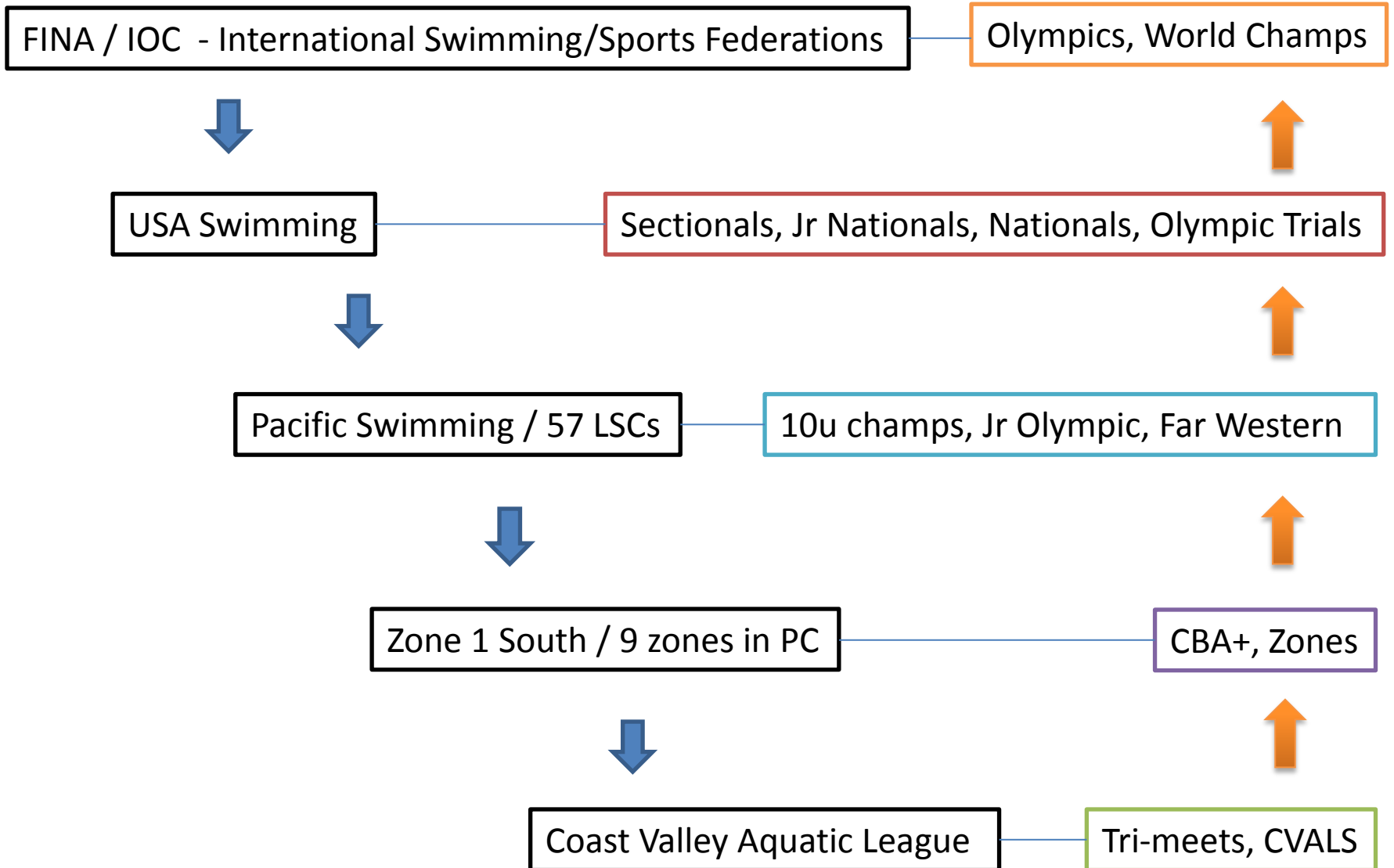
Water is illusive. Swimming is akin to trying to run on thick air.

1<sup>st</sup> we learn to stand, then we learn to take a step, then we walk,  
....finally we run.

This is all learned by age 3.

- *Why do we wait so late for swimming?*
- *All other sports are based on fundamental balance and strength that is based on land with a solid footing.*
- *Polo, surfing, open plunge are largely done in vertical position with limitless opportunity to breath and hang onto something that floats (board, ball, toys)*

# Swim Competition Progression



## The Meets We Focus On:

Far Western Champs	2 x year	April / August
Junior Olympic Champs	3 x year	March/July/Dec
10under Champs	1 x year	April

The season schedule is set up to assure swimmers have as much opportunity as possible to prepare to achieve the times to go to these championship meets.

### Recommend:

- Families plan vacations around these meets
- Vacations have dramatic impact on swim performance.

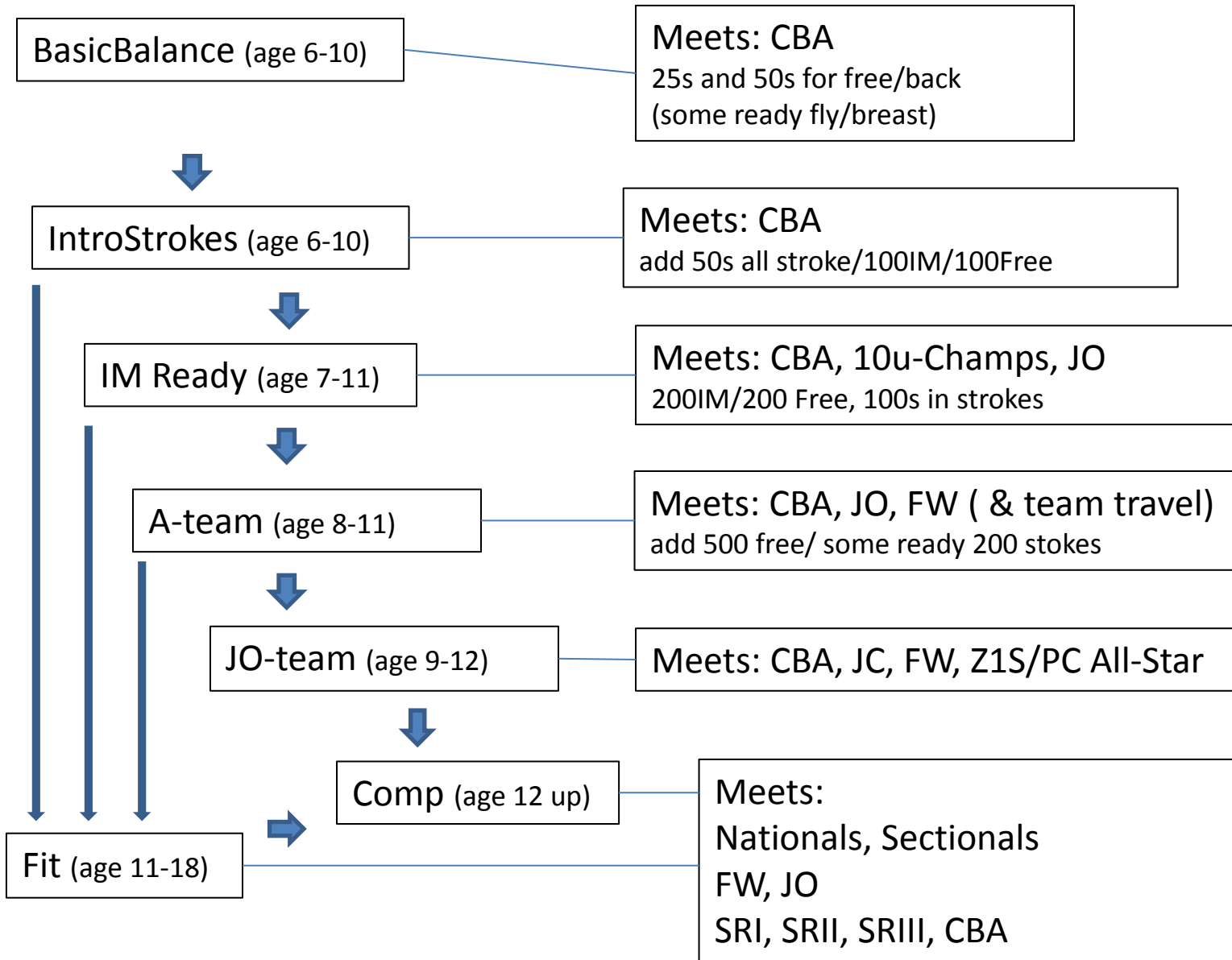
Best time to take vacation:

- 2<sup>nd</sup>/3<sup>rd</sup> week April
- 3<sup>rd</sup>/4<sup>th</sup> week August
- 4<sup>th</sup>/5<sup>th</sup> week December

CBA, JO & FW are very important (these meets will teach swimmers the skill and value of goal setting. They were critical in the lives of all our staff while growing up. *Tri meets will not count to qualify for Champ meets.*

CVALS is also a lot of fun but serves primarily as an end of summer fun meet.

# CRUZ Group/Meet Advancement



## Learn New Skill

```
graph TD; A[Learn New Skill] --> B[Continue to practice]; A --> C[Reduce practice];
```

### Continue to practice

...skill sustain

Physiological and mental  
adjustment

(strength, endurance, confidence)

Often referred to as plateau

(normal in all development)

Elevate challenges and goals to  
new skill level

### Reduce practice

Skill deteriorates

Adjustments fade

Advancement lost

(may still see time improve due to  
physical growth)

Its not about 1<sup>st</sup> place or medals... its about being excellent on a personal level



# CRUZ TRAINING PHILOSOPHY

## Why swimmers practice so much?

Water is Unique = Swimming Unique

Very Technical sport (over 100yrs of data )

It is fun

- Initially this is learning, social, and games
- Then challenge and goals begin to be better.
- It is you vs. your own skill/time

The most “pure” of all sports

- The honesty of time as a measure of skill and understanding
- Meets help us understand the value of time at pool
- The clock never lies
- There is no cheating to get ahead.

There is an extremely unique aerobic capacity essential to swimming.

- Unavoidable!
- Best at developing strong heart and lungs (athletic & health advantage for life)
- Aerobic development occurs at throughout adolescence  
*(wait till high school or college ....to late)*

Coaches develop all training based on the needs of swimmers particular to group and general age of the group

AGE            TYPE OF TRAINING (100 years of recorder research)  
5-11 = 90% proper technique / 5% endurance / 5% strength  
11-14 = 50% technique / 40% endurance/ 10% strength  
15-up = 40% technique / 30% endurance / 30% strength

*When we fail to maintain training these stages of development get out of time with the documented stages of physical and mental development and it becomes increasingly difficult for such swimmers to succeed.*

Most swimmers are best at middle-distance & distance (races 2-15minutes long).

Training adolescents aerobically gives all swimmers a chance to pursue these more likely events with confidence from preparation.

- This type of training at this age (when listening is challenging) assures better efficiency in stroke development.
- If they prove to have talent for Sprinting, this training will ultimately give them an advantage for sprinting (most good sprinters come from such backgrounds)
- Swimmers should be introduced to 100/200/500 regularly starting at age 10.  
*(these races build confidence and get swimmers use to challenges)*

## 13 & older Swimmers

Still participate at; CBA+, Junior Olympics, and Far Westerns

Focus begins to migrate toward...

*attending "Senior Meets"*

*SR Open - NO standards (13 older/ SR-open time 12under)*

*SR II – 12 & Older who have a SrII qualifying s  
(swimmer get bonus events, must be minimum of SR-open)*

*SR Circuit – 12 & Older who have a Sr-Circuit qualifying  
(swimmer get bonus events, must be minimum of SR-open)*

*Sectionals – Must have Sectional standards (per event)*

*Junior Nationals – Must have JR Nats standards (per event)*

Sectional Championships & Jr National Championships  
*(similar dates as JOs & FWs)*

## They Will Be Teens Soon

### **The swimmer approaching adolescents need:**

- Patience and understanding from parents & coaches
- Someone to listen to them
- Best possible skill development prior to going aerobic to avoid injury
- Regular sleep and healthy diet!!!
- Stay in the pool consistently (easy to lose earlier skills at this age)
- Must learn daily to balance school (life) with swimming... earlier is best.
- Regularly re-visit their established goals (coaches will do this for swimming)
- Encourage them to communicate with their coaches (pain, frustration, ???)
- Continued support to assure 'connection' with team (peers) & family

### **Signs your swimmer is approaching adolescents**

- They can't remember anything
- They don't seem to think you are cool anymore
- They want to sleep constantly
- They know everything
- They remind you regularly that you know nothing
- They "don't care"

*...don't let them fool you.*

## How to deal with adolescent athletes

- Encourage them to teach you (but double check their info).
- Never use swimming as punishment (attending or withholding).
- Let them make mistakes (but keep them on the path).
- Ask them to remind you of their goals with swimming and what they think is necessary to reach them.
  - ....Ask them what you can do help them reach their goals.
- Make sure they have healthy food (on the table every night).
- Accept that (in their eyes) you are not cool.
- Remember, one day they will thank you many times over.