

MAC Swim Team

What's the Plan?

What's the Ultimate Goal?

A. State Champion at 9?

B. College at 18?

At the Mitchell Aquatic Club, our athlete development model chooses B.

Why not 9?

Top 100 Times for all events	% of Top 100 swimmers who become Top 100 at age 17-18	
Age Group	Girls	Boys
10 & Under	10.3%	13.2%
11 -12	20.3%	12.6%
13 -14	36.9%	31.1%
15 - 16	49.7%	53.5%

So What Does That Chart Tell Us?

1. Burnout is a real thing.
2. The dangers of sport specificity are real.
3. A tiered plan of developmentally appropriate activities to keep our swimmers engaged is our #1 priority.

MAC Plan by Practice Group

GOALS OF WHITE GROUP

- Technique
- TEChnique
- TECHNique
- Did I Mention, ***TECHNIQUE***?!?

WHITE GROUP CONUNDRUM

Challenges

- Boredom of Swimmer
- Engagement with concepts
- Focus of swimmer

Advantages

- Comfort
- Ease of movement
- Confidence
- Visual Improvement of Strokes from Day 1

Goals of Black Group

- Technique
- Efficiency
- Perfection of turns
- Introduction to different distances
- Base development of Aerobic Conditioning
- State Meet Qualifying
- And oh yeah, TECHNIQUE!!!

Goals of Gold Group

- Technique
- Learning to take a 10 second stroke correction and apply it
- Different distances with interval challenges
- Advanced aquatic aerobic conditioning
- Understanding what pace is appropriate
 - When to swim fast and when to swim slow
- Introduction to Race Pace Training
- Introduction to Goal Setting
- Introduction to Dryland (Form & Technique)
- State & Regional Level Qualifying

Goals of Senior Group

- Technique
- Applying 10 second correction to next repeat
- Three stages of training (2 times in Winter, 1 Time in Summer)
 - a. Aerobic Conditioning Early in the Season
 - b. Race Pace for majority of season
 - c. Resting (Where you see your results)
- Dryland for Strength and Conditioning
- Goal Setting as a way of grading success
- State, Regional, Sectional, & National Level Qualifying

Swim Meets

- Frequency
 - 1 to 2 meets a month
 - Why so many listed on our website?
 - Options for families
- Goals
 - See where we are
 - Have our practice goals hit home?
 - Are we consistent with technique and pace
 - *Are we swimming ugly or are we swimming pretty?*
- Why do we travel so much?
 - Get outside our comfort zone
 - Exposure to broader picture and world of swimming
 - Team bonding and unity efforts
 - Timing of evaluation of practice progress

Goals for Dryland

- Keeping up with the Joneses?
 - NO!!!
- Athleticism
 - Make a better athlete
- Conditioning
 - Make a fitter athlete
- Translatable Strength Gains
 - Make a stronger athlete

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Parent Role

- Love their successes!
- Love their efforts!
- Encourage them to try something different in a race.
- Give them the confidence to trust their coaches.
- SUPPORT YOUR ATHLETE!!!

What if they want to go to the pool?

- Let them play
 - Laps should be with us. Technique should be with us.
 - Water is an awesome element. They need to experience both sides.

Q & A
