



## Blue Group Information: 2018-2019

- I. Introduction
  - A. What to expect from Blue Group
    1. Blue Group is a YEAR round training group. If you do not plan on swimming in BLUE group all year then you must schedule a meeting with Coach Ben to decide which group at HSA would be a better fit for you as an athlete.
    2. Swimming in Blue Group means you have committed to swimming a minimum of 4 (four) practices each week, one of those required practices is Saturday. If you are unable to swim 4 times each week you must schedule a meeting with Coach Ben to decide which group at HSA would be a better fit for you as an athlete. Remember 4 is the minimum to stay in Blue Group, not to reach the next level.
  - B. coachben@swimhsa.org
  - C. 205-706-7893 cell
- II. Swimmer Expectations
  - A. Do your best in every workout! Step Forward Everyday!
  - B. Respect
    1. R: Represent yourself, your family, and your team with class
    2. E: Elevate others around you through a positive attitude
    3. S: Seize the moment every day.
    4. P: Perform to your best ability every day
    5. E: Encourage your teammates through your words and actions
    6. C: Concentrate on the task at hand
    7. T: Teach younger teammates the right way to do things
  - C. Equipment
    1. Water bottle, stroke maker or TYR hand paddles, TYR Jr. pull buoy, fins, Jr. Kick board (no full size boards), mesh bag, TYR or Ylon-a snorkels, running shoes, speed jump rope and appropriate dryland clothes. You have until September 5th to have this equipment. If your swimmer suffers from asthma and has an inhaler or other breathing aid, they need to bring it to the pool in a plastic bag and keep it in their wet bag with their equipment so they will have it if needed. **Swimmers need to have all equipment listed by the FIRST DAY of practice. All items can be purchased at First Place.**
    2. All listed equipment are needed every **DAY** until further notice (**Bring them NO MATTER WHAT!**)
    3. Only HSA Team Caps at practice – Need a cap? See Coach Ben
    4. HSA suits and caps will be worn at regular season meets (**unless given specific permission to wear tech suit or dome cap**)
      - a. Tech suit and dome cap appropriate meets: High School regionals and State Meets, Junior Nationals, December Invite – NAC Trials and Finals/Tupelo, Southeastern Championships, Auburn Southern Open, NCSA Juniors.

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D. Meet participation

1. Specific to each swimmers personal goal's. One meet per month is expected. If you plan to limit your travel for meets I **highly** recommend your athlete discuss with Coach Ben what meets he would put as a higher priority. SES Championships is expected for those qualified.
  - a. All swimmers who qualify for a meet should make every attempt to attend the meet. You have earned the opportunity so take advantage of it.
  - b. **ALL SWIMMERS ATTEND TEAM WARM UP** if you are swimming in the meet regardless of the # of events you will swim, the distance of your races or if your event is not near the beginning of the session, you need to attend the team warm up!! If you have questions ask Coach Ben. The scientist tell us that an athlete needs to be awake 2-3 hours before competition for maximum performance.
  - c. **Prelims and Finals** – you are expected to attend all sessions of the meet even if you do not make finals. You should warm up at every session of the meet as if you are swimming in a championship final. \*Missing a Thursday or Friday night session for travel is ok, missing Sunday evening finals session is ok if you have taken care of all the necessary duties. I.E. scratch all your events at the clerk of course (no matter how far from the final heat you are), and notified your coach that you will not be staying.
  - d. **Relay participation** – Relays are always a coach's decision.
    - i. Swimmers who represent HSA in relays will not be charged for relays.
    - ii. If your swimmer wishes to be on a relay they must be present at the session where relays are contested. The only way to guarantee you can be considered for a relay is to be at the pool on time.
  - e. Take ownership of your swimming:
    - i. See your coach before your event to tell them what you intend to do during your race to advance towards your goal.
    - ii. See your coach after your event and give a self-evaluation of the race.
  - f. Don't be afraid to be challenged by swimming different events in-season. Blue group swimmers are expected to swim all IMX/ Age appropriate events.
  - g. Stepping stones to your long term goals are achieved during in-season meets
  - h. Stroke and strategy changes are made during in season meets and practice
  - i. Before leaving a session or a meet always check in with your coach, especially at trials and finals meets!
2. Set yourself up for success
  - a. Set yourself up for meet success with great practice attendance, effort, performance and attitude!
  - b. Get in and race, do not get comfortable being behind someone
3. Learning to swim fast tired
  - a. In season meets are an opportunity to challenge and exceed your physical and mental limitations
  - b. In season meets give you a clue of where you are in the path towards your goals
4. Learning to swim as a team
  - a. Wear your HSA team gear to meets. Shirts, shorts, hats, parkas, suits, caps (Not random fashions)
5. Encouraging teammates – **ACTUALLY CHEER THEM ON!**
6. Learning to swim fast rested
  - a. Knowing you are ready as opposed to hoping you are ready

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- III. Goal setting
  - A. Individual
    - 1. Goal Sheets have been handed out.
    - 2. Defining the coach-swimmer relationship
      - a. My primary objective is to give you the opportunity to reach your goals, and help keep you focused on those goals throughout the season.
      - b. The swimmers primary responsibility is to take ownership of their swimming.
    - 3. This group is designed to help you achieve your goals and get to the next level. Your attitude and effort to reach those goals should match that!
    - 4. Define the process of reaching your goals: “The mind controls the body, and the mind is unlimited.”
    - 5. Your goals are a journey. The goal sheet will help you define the path you take to reach those goals.
- IV. Practice expectations
  - A. The work you do year round, will define your Championship meets in December, February and March.
    - 1. All Blue groupers must attend a minimum of 4 (four) workouts each week.
    - 2. **YOU WILL WORK HARD!** “If you train hard you will have an advantage over everyone you race and you will be hard to beat!”
    - 3. The end of the season will be defined by the work you put in early in the season.
    - 4. No matter the reason, if you miss practice, you missed practice.
    - 5. No Matter the reason if you sit out or miss during a set you did not complete the set.
    - 6. There is no Try, only Do or Do Not. Make the decision to **DO!**
    - 7. Do **NOT** self-taper. If coming to practice is so exhausting that you think you need to stay home then you have not prepared and the race is already lost.
    - 8. Weather Cancellations – If you can safely make it to practice you should do so. If HSA or the Nat staff decides to close the facility we will make all efforts to let you know. If not then you should come to practice. We may be delayed but will use what available practice time we have.
- V. Fall/Winter Calendar
  - A. See website
  - B. Dry-land focus this fall/winter
    - 1. Aerobic exercise, Running will be a part of this
    - 2. Flexibility and body stability
    - 3. Body weight exercises and elements that translate to explosive strength and power in swimming
- VI. Practice Structure
  - A. Dynamic Warm-up/Stretching
  - B. Warm-up
    - 1. Using a constant warm-up structure to ensure you will know you are warmed up
    - 2. The importance of getting to practice on time and into the water on time.
  - C. The importance of practicing with purpose and intelligence
    - 1. Are you thriving or just surviving!
    - 2. You must bring energy and focus every day!
  - D. Learning to prevent and heal injury by stretching, band work, and icing
    - 1. Appropriate stretching and dynamic warm up. This is an area that you must be prepared to handle individually and be self-motivated.
    - 2. If Pain or injury persists do something about it. Make an appointment to see a doctor at sports Med.

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3. Rehab exercises should be done before and after workout when possible. We should not have anyone sitting on deck.
4. We have ice and bags in the hospitality room if needed.

VII. Move Ups

- A. Group move ups and placement are at Coaches discretion. Swimmers will only be promoted if they earn the opportunity to move up.
  1. The ability to meet practice requirements for attendance, practice effort, performance and attitude will all be considered when making promotion decisions.
  2. Priority 1 when being considered for move up is Attendance. If you cannot make Blue Group attendance requirements you will not be considered for move up.
  3. Priority 2 practice performance and effort. To be considered for move ups swimmers must be able to complete and make sendoff requirements consistently to be considered for move up.
  4. Swimmers must be able to read the clock and know their times.

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BLUE GROUP GOAL SHEET 2018-2019: STEP FORWARD EVERYDAY!

Goals are your personal road map for your season. These need to be your goals. Not your coach, parent, friend, but your goals.

Know where you want to get to and strive everyday to reach that next level. Don't let anyone ever tell you no. Step forward everyday toward your goals.

Are you thriving on the opportunity to get better or are you surviving?

Excellence is a habit, you can't just call it up when you want. It is every day.

	Best time	Mid Season Goal	End of Season Goal	Dream Big Goal
50 Free				
100 Free				
200 Free				
500 Free				
1000 Free				
1650 Free				
50 Fly				
100 Fly				
200 Fly				
50 Back				
100 Back				
200 Back				
50 Breast				
100 Breast				
200 Breast				
200 IM				
400 IM				

What can you do to make your teammates better?

What are your academic goals?

Put any other goal you would like to write down: