August 21, 2017

Junior & Senior 2017-2018 Meeting

I. Introduction
   A. coachmatt@swimhsa.org
   B. 205-482-2776
      1. Only text before 9 pm
   C. Follow the HSA Facebook and Twitter pages for updates

II. Building a Championship Culture
   A. Jesuit Pillars of Success (taken from Heroic Leadership by Chris Lowney
      1. Understand your strengths, weaknesses, values, and worldview
         a. How self-aware are you?
         b. How honest are you with yourself?
      2. Confidently innovate and adapt to a changing world
         a. How do you adapt everyday to get better?
         b. Are you the same swimmer now as a year ago?
         c. Do you fear change, or do you change with confidence?
      3. Engage others with a positive, loving attitude
         a. Are you a good teammate?
         b. Are you an energy angel, or energy vampire?
      4. Energize yourself and others through heroic ambitions
         a. Are you striving to be an Olympian, or a high school state meet qualifier?

III. Swimmer Expectations
   A. Be on time, and if you are late be on the hustle
   B. Equipment
      1. Water bottle, paddles, pull buoy, fins, mesh bag, and **snorkels** you have until August 22nd to have this equipment. **No Excuses, you should already have all of this!**

2. Good running shoes and appropriate dryland clothes needed everyday until further notice (whether we use them or not, bring them)
3. Only HSA Team Caps at practice
4. HSA Suits at Regular Season meets (unless given specific permission to wear tech suit)
    a. Tech suit appropriate meets: H.S. State and Day After Meet, USAS Winter Junior Nationals, USAS Winter Nationals, Southeasterns, NCSA Juniors, Sectionals, Age Group Sectionals, Auburn Southern Open, Southeasterns, Futures Championships, USAS Nationals, USAS Junior Nationals

C. Meet participation

1. Check the meet schedule carefully. Plan your season out to race at the highest level you are capable of.
    a. You are expected to compete at all regular home meets
    b. You are expected to compete at the highest level of meet you are qualified for
2. The difference in how a 10 year old approaches an in-season meet and a high level athlete approaches a meet
    a. Experiment early in the year, and don't be afraid of failure early
    b. As we approach championship season, solidify technique and race strategy
3. Giving yourself opportunities
    a. If you only race people you know you can beat, you can't get better
    b. Upsetting the pecking order should be your goal every time.
4. Whether we go to an in-season meet or a championship meet, the opportunity to swim fast exists. A high practice attendance, an incredible work ethic, and a great attention to detail don't guarantee you to swim fast 100% of the time, but not doing these things guarantees you won't.

IV. Goal setting

A. Individual

1. See attached goal sheets
    a. Short Course and Long Course goal sheets are included
    b. Fill out both and turn in
2. These groups are focused on putting swimmers at the national level and international level. Your goals should reflect where on the path to that you are.

3. Hard work always overcomes talent, but hardworking talent cannot be stopped
4. Define the process of reaching your goals.
    a. That starts with defining your attendance goal
        i. If you miss practice, you miss practice. No excuses
    b. Daily focus on fundamentals
    c. Daily focus on work ethic
    d. Track the process: keep a workout log
        i. How did you get .01 better today?
5. Every final goal time comes down to a math problem. The goal sheet defines what the math problem (splits) look like.

B. Team Goals
1. Be the Best in Huntsville ✓
2. Be the Best in Alabama ✓
3. Be the Best in the LSC
4. Be the Best in the Zone
5. Be the Best in the Nation

V. Early Fall Calendar
A. See website
B. Note when mornings start
C. Dryland
1. We will continue with the Bridge Dryland Program
2. Junior group
    a. Combined Monday with Senior group
    b. Wednesday last 35 minutes of practice
    c. Saturday after practice
3. Senior group
    a. Combined Monday with Junior group
    b. Wednesday and Friday mornings at HAC
4. All swimmers should make every effort to make-up any missed Bridge workouts on their own, even when out of town

VI. Practice Structure
A. Shoulder band work
B. Warm-up
C. The importance of practicing with purpose and intelligence
D. Planned bathroom breaks during workout
E. Learning to prevent and heal injury by stretching, band work, and icing on your own

Name:_____

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Day of the Week																				
Date																				
Resting HR (AM)																				
Length of Sleep (hours)																				
Willingness To Train																				
Mood																				
Fatigue																				
Muscle Soreness																				
Ability to Recover																				
Illness																				
Pain or Injury																				
School Day Stress																				
Nutrition during day																				

**Rate everything on a 1 to 5 scale with 1 being the poorest and 5 being the best.*

Date	Day	Am or PM	Total Yardage	Total Dryland Time	Main set	Comments on Main Set	Rate Overall Performance

Name:_____ Due back Tuesday, August 29, 2017
Cell #: _____ E-mail that you look at: _____
Texts?: Y N (Circle One) Grade:_____
School:_____

2017-18 Goal Sheet

"A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by actions makes your dreams come true." ~Greg S. Reid

Attendance

Fall Attendance Goal (August 21st-October 31st): _____
Early Winter Attendance Goal (November 1st-January 31st): _____
Spring Attendance Goal (February 1st- March 31st): _____
Early Summer Attendance Goal (April 1st- May 31st): _____
Summer Attendance Goal (June 1st- July 31st): _____

Strengths

List 8 things you are strong at within the realm of swimming:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____
7. _____ 8. _____

Weakenesses

List 4 things that you are currently weak at that you want to focus on daily to improve:

1. _____ 2. _____
3. _____ 4. _____

Teammate

What area do you want to focus on to become a better teammate?

What are things that other teammates do to help you be a better swimmer?

Hurt you in becoming a better swimmer?

Select Goals w/ Splits

Pick four races short course, and four races long course that you want to specifically focus on this season, and think, "heroic" goals. This doesn't exclude other races, and you can do more than four if you want.

Short Course

Event	Best Time	Goal Time	Split #1	Split #2	Split #3	Split #4	Split #5

Long Course

Event	Best Time	Goal Time	Split #1	Split #2	Split #3	Split #4	Split #5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Sr. Swim 5:00-6:45 am		Sr. Weights & Swim 5:00-6:45 am		Jr. Swim 5:00-6:45 am Sr. Weights & Swim 5:00-6:45 am	Jr.,Swim & Dryland 6:00-9:00 am Sr. Swim 6:00-8:30 am
PM	Jr. & Sr. Swim 3:45-6:15 pm	Jr. & Sr. Swim 3:45-6:15 pm	Jr. & Sr. Swim 3:45-6:15 pm	Jr. & Sr. Swim 3:45-6:15 pm	Jr. & Sr. Swim 3:45-6:00 pm	

Please Circle the practices that you plan on attending on a regular basis and hand in with your goal sheet.

Please indicate which meets that you tentatively plan on attending this Short Course Season

Dates		***Meets***	***Host Team***	***City Hosted***	***Attending? Y/N***
9.23.17	HSA Intrasquad Meet (SC)	HSA	Huntsville		
10.27-10.29	HSA Fran Norris Meet (SC)	HSA	Huntsville		
11.17-11.18	AHSAA Sectional Meet (Prelim/Final) *(enter w/ H.S.)* (SC)	AHSAA	Huntsville		
12.1-12.3	Prelim/Final	SWAT	Tupelo, MS		
12.1-12.2	Alabama H.S. State Meet (enter w/ H.S. Team) (SC)	AHSAA	Auburn, AL		
12.11	Day After Meet (SC & LC)	AUB	Auburn, AL		
12.6-12.9	USA-S Junior Nationals (Prelim/Final) (SC)	USAS	Knoxville, TN		
12.11	Junior National Time Trial (LC)	USAS	Knoxville, TN		
1.13-1.16	TBD	TBD	TBD		
1.26-1.28	HSA Groundhog Meet (SC)	HSA	Huntsville		
2.23-2.24	Southeastern Championships (SC)	HSA	Huntsville		
TBD	Auburn Southern Open (SC)	AUB	Auburn, AL		
3.12-3.18	NCSA Junior Nationals (Team Travel) (SC)	NCSA	Orlando, FL		
TBD	TBD	TBD	TBD		
TBD	TBD	TBD	TBD		
6.16-6.18	LC Meet	???	???		
TBD	TBD	TBD	TBD		
TBD	Southeastern Championships (LC)	TBD	TBD		
TBD	Futures Championships (LC)	TBD	TBD		
TBD	USAS National Championships (LC)	TBD	TBD		