

Junior and Senior Parent Meeting
9.11.18

I. Introduction

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B. 205-482-2776

1. Use only for emergencies
2. No calls or texts after 9 pm

II. Expectations

A. Equipment

1. Everyone should already have water bottle, paddles, fins, pull buoy, snorkel, and mesh bags.
2. HSA Team caps at practice
3. HSA Team suits @ most meets
4. Tech suits for H.S. State, Day After meet, Tupelo, NAC, USAS Winter Juniors, TYR Pro Series, Southeasterns, NCSA Juniors, Sectionals, Age Group Sectionals, Auburn Southern Open, Southeasterns, Senior Zones, USAS Nationals and Junior Nationals

B. Meet Attendance

1. These groups are expected to compete!
 - a. We expect swimmers to attend the highest meet that they have qualified for, as well as meets important to team
 - i. High School State/NAC/Tupelo
 - ii. USAS Winter Juniors
 - iii. Southeasterns
 - iv. NCSA or Auburn Southern Open
 - v. Southeasterns
 - vi. Senior Zones/Futures or Summer Juniors
 - b. In-Season meet attendance is also important in their overall ability to experiment and learn from success and failure
 - i. Intrasquad Meet
 - ii. McCallie/GPS meet highly recommended
 - iii. HSA Fran Norris
 - iv. January team travel
 - v. HSA Groundhog Meet
 - vi. HSA LC Meet
 - vii. NAC LC Meet
 - viii. June Team Travel
 - c. These groups are expected to attend team travel meets
2. Short Course Season divided into three phases
 - a. Sep-Nov is Experiment
 - b. Nov-Beginning of Feb. is Improve
 - c. Feb.-March is Dominate
3. Going to meets is about more than just your individual swimming

- a. We compete as a TEAM!
- b. It is an honor to be on Relays
- c. Cheering for teammates should be an essential part of what swimmers do
- d. If they don't get off their phones at meets, I will take them for the session

C. Practice attendance

1. We expect these groups to be at every scheduled practice
2. Practice time should be viewed as protected time
 - a. Do not schedule appointments during practice
 - b. We take time management seriously. Part of that is not letting swimmers get out early because they haven't managed their time appropriately with school.
 - c. Don't let your swimmer self-medicate. We want them tired. We want them to have to fight through some things, and face adversity.
 - d. If you plan vacations, you should give them time to practice on a daily basis, and help them find teams to practice with wherever you are going.
3. This is a year-round commitment

D. Goal Setting

1. We want them to have big goals
2. You can't be a part of their goal setting process at this point.
 - a. They have to own what they want to do.
 - b. We will push them to bigger things if we think they are thinking too small.
 - c. If the goals come from you, they aren't invested in it.
3. In the process of setting up goal meetings with swimmers.
 - a. Some meetings will be shorter than others, but all will be about defining the process for big, hairy goals
 - b. They drive the discussion

E. Nutrition

1. USA Swimming provides a lot of good tips on what swimmers need.
2. Help with protein within 20 minutes of practice for proper recovery.
3. Monitor sleep patterns. Make sure they are managing time at home to get proper sleep.
4. 5 colors on their plate every meal is the goal.
5. Make sure they are eating enough. They aren't on a diet. They need to eat!!!!

III. Group Activities

- A. Wednesday morning breakfasts
- B. Fall activity
- C. Holiday/Christmas party