



Junior/ Senior Kick-off Group Meeting 8.24.20

- I. Housekeeping
 - A. Contact information and new contact rules
 - 1. Cell is 205-482-2776
 - 2. Your parent must be included on any text or phone call you have with any staff member
 - 3. If your parent is not included, do not expect a response
 - 4. You are welcome to e-mail at coachmatt@swimhsa.org, but you must also include your parents on the e-mail
 - B. Equipment needs
 - 1. TYR Snorkel, TYR pull buoy, TYR paddles, TYR short fins, TYR long fins
 - 2. Dryland clothes including athletic shoes in good, working order
 - 3. Water bottle every day
 - 4. Nose plug recommended
 - 5. Journal
 - a. 3 ring binder, notebook, etc.
 - b. You need to record how you feel, sleep, nutrition, etc. every day
 - c. Track and record your progress in practice every day
 - d. Keep a copy of your goal sheet in your binder
- II. Goals
 - A. One Year Goals
 - 1. 15 Swimmers @ NCSA Junior Nationals
 - 2. 5 Swimmers @ Olympic Trials including college swimmers
 - 3. Top 15 @ NCSA Junior Nationals combined team
 - 4. Have male and female relays qualify for Summer Juniors
 - 5. Top 100 VCC Team
 - 6. 8 Scholastic All-Americans (3 so far applied this year)
 - 7. What else?
 - B. Four Year Goals
 - 1. 25 Swimmers @ NCSA Junior Nationals
 - 2. 8 swimmers @ Olympic Trials
 - 3. Top 10 @ NCSA Junior Nationals combined team
 - 4. Win Southeasterns
 - 5. Top 8 Relays at Summer Junior Nationals on Men's and Women's side
 - 6. Top 60 VCC Team
 - 7. 12 Scholastic All-Americans
 - 8. What else?

C. Eight Year Goals

1. Top 10 Team at Summer Junior Nationals
2. 10 Swimmers @ Summer Junior Nationals
3. 25 Swimmers @ NCSA Junior Nationals
4. Top 5 @ NCSA Junior Nationals combined team
5. 10 Swimmers @ Olympic Trials
6. Win Junior National relay on both Men's and Women's side
7. Top 30 VCC Team
8. 20 Scholastic All-Americans
9. What else?

III. Process to get to goals

A. You can't do it alone

1. We need "buy in" from the entire group
 - a. If you aren't working towards these goals, you are working against them
2. Run towards competition, not away from it
 - a. You need teammates that might be better than you to push you
 - b. Be better together
3. The "TEAM" has to become a more cohesive unit
 - a. Captains (yes or no?)
 - i. They would be in charge of organizing group activities outside of the pool
 - ii. They would be swimmers expected to lead by example
 - b. Wednesday morning breakfasts
 - i. Hopefully returning in January
 - c. You don't have to "like" everyone, but you need to "respect" everyone
 - i. In turn, respect needs to be continuously earned!

B. You have to bring your A game every day, whether you feel like it or not

1. It's not easy being good
2. It's really, really hard
 - a. You have to physically push yourself
 - b. You have to mentally push yourself way more, though
3. Embrace that fact!

C. Your presence is process step #1

1. If you aren't here, you are getting worse
2. If you aren't mentally present, you are just staying the same

D. Be an IM'er

1. Work every stroke
2. We will film you, show examples of how to do it, and correct. Hopefully getting started on this next week
3. At some point, stroke correction comes down to your willingness to change or not
 - a. How high do you want your ceiling to be?
 - b. What got you this far, won't get you all the way to where you want to go

E. Train at the pace you want to race at

1. Use your goal sheet to set your process oriented goals
2. You have to train how you want to compete

3. If you give in at practice, you will give in at the meet
 4. When it gets hard, use your teammates
- F. Prepare to be your best every day!
1. Dynamic Warm-up has to change for the better
 2. It can't be social time. It has to be a concentrated effort to prepare for the day
- G. Recovery is vital!
1. Monitor your sleep through the daily journal
 - a. Time management is key
 - b. Sleep is by far, the most effective recovery tool!
 2. Nutrition is vital as well
 - a. Stay hydrated
 - b. Focus on protein intake (especially within 20 minutes of workout ending)
 - c. How many colors can you eat in a meal?
 - d. Good fat = energy
 3. Post practice recovery
 - a. If you feel like you need more easy swimming after practice, we can do that
 - b. Stretching after is never a bad idea after practice
 4. Communicate with the coaches when you are feeling really drained
 - a. Talk through an alternate practice schedule, a scheduled day off, etc. to help you perform if we need you to
 - b. Don't just self-medicate. Let the coaches have input on your recovery needs.
- H. Be a student of the game!
1. Know what people are doing to swim fast
 2. Don't be intimidated by what someone else does...be inspired
 - a. The best swimmers deal with self-doubt
 3. Watch underwater video on YouTube!!!
 4. Ask questions!