

Senior Development Group Information: 2022-23 (SC)

1. Welcome & Introductions
   1. My swimming/coaching background (can see bio on website)
   2. My coaching philosophy: I believe, with an unrelenting sense of urgency, in providing an opportunity for young people to experience an environment that promotes both personal growth and athletic excellence.
2. A. Contact Info
3. Email: coachalison@swimhsa.org
4. Cell: 712-490-2780
   * Use only for emergencies
   * If a swimmer text me, a parent must be included on the text or I will not respond
5. Swimmer Expectations
   1. Do your best in every workout! Get better every day!
   2. Equipment
      1. WATER BOTTLE, paddles, fins, pull bouy, snorkel, mesh bag, nose plug (if needed)
      2. Running shoes and appropriate dry land clothes needed for our dryland work out(Bring them NO MATTER WHAT!)
      3. HSA Team Caps at practice ONLY – Need a cap?? See Coach Alison for one.
      4. HSA Team Suits (TYR) at Regular Season meets (unless given specific permission to wear tech suit)
         1. Tech suit approved meets: Alabama High School State, December Prelim/Final meet, Auburn Invite, Southeasterns, NCSA Juniors
   3. Meet participation
      1. Specific to each swimmers personal goal’s. Meet participation is highly encouraged.
         1. 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!!
         2. **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. If you have questions ask your coach.
         3. Take ownership of your swimming:
            1. See your coach before your event to tell them what you intend to do during your race to advance towards your goal
            2. See your coach after your event and give a self-­‐evaluation of the race
         4. Don’t be afraid to be challenged by swimming different events in-­‐ season
         5. Stepping stones to your long term goals are achieved during in-­‐ season meets
         6. Stroke and strategy changes are made during practice and in-­‐ season meets
         7. Before leaving a session or a meet always check in with your coach, especially at prelims and finals meets!
      2. Set yourself up for success
         1. Set yourself up for meet success with great practice attendance, effort and attitude!
         2. Get in and race, do not get comfortable being behind someone
      3. Learning to swim fast tired
         1. In season meets are an opportunity to challenge and exceed your physical and mental limitations
         2. In season meets give you a clue of where you are in the path towards your goals
      4. Learning to swim as a team
         1. Wear your HSA team gear to meets. Shirts, shorts, hats, parkas, suits, caps (Not random fashions)
         2. Encouraging teammates
      5. Learning to swim fast rested
         1. Knowing you are ready as opposed to hoping you are ready
6. Goal setting
   1. Individual
      1. See attached goal sheets
      2. Defining the coach-­‐swimmer relationship
         1. My primary objective is to give you the opportunity to reach your goals, and help keep you focused on those goals throughout the season.
      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: “Don’t make excuses, find the solution!”
      5. Your Goals are a journey. The goal sheet will help you define the path you take to reach those Goals.
7. Practice expectations
   1. What you do in August through November, affects December, February
      1. The end of the season will be defined by the work you put in.
      2. Keep improving and challenge yourself.
      3. BE PREPARED!
      4. BE ON TIME!
8. USA Swimming Registration
9. Athlete Protection Training ([Safe Sport)](https://www.teamunify.com/team/sehsa/page/safe-sport-)
   1. If your swimmer turns 18 during the season, they are required to take the training by the time they turn 18. ([click here for information](https://www.usaswimming.org/resource-center/athlete-protection-training))
   2. Everyone, including parents are strongly encouraged to take the training
   3. Safe Sport Team
10. Code of Conduct ([see website](https://www.teamunify.com/team/sehsa/page/newsletter/code-of-conduct))
11. Questions

Name: Grade: School:



2022-23 Short Course 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**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** | **Current**  **Best Time** | **Goal Time** | **Split 1** | **Split 2** | **Split 3** | **Split 4** | **Split 5** |
| **50 FR** |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **100 FR** |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **200 FR** |  |  |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **500 FR** |  |  |  |  |  |  |  |
| **50 BA\*** |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **100 BA** |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **200 BA** |  |  |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **50 BR\*** |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **100 BR** |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **200 BR** |  |  |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **50 FY\*** |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **100 FY** |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **200 FY** |  |  |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |
| **200 IM** |  |  |  |  |  |  | **-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐-­‐** |

Setting goal times is easy. Tackling the problem of figuring out what you actually have to do on each 50, 100, 200, or 500 to obtain that goal is where your work begins. That is the task you are given here. Look at previous races, how you split them, how you want to swim each race, and then figure out how to make the math of the splits work. Use the table above to list specific split times for each race. The 100’s should be the first 50 and the second 50 that will add up to your goal time. The 200’s should be all four 50’s listed. The 500 should be each 100. Use things like Southeastern cuts, Stepping Stone Cuts, Sectional Cuts, High School State Cuts and USA-­‐Swimming 4 year averages. If you have questions let me know.

***Practice schedule is subject to change from time to time. Please make sure to check the practice calendar each week for any changes. Practice schedule changes will also be communicated through email.***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| ***PM*** | Legacy Pool | Legacy Pool | Comp Pool | Legacy Pool | Comp Pool | Legacy Pool |
|  | 6:00-­‐7:30 pm | 6:00-­‐7:30 pm | 6:00-­‐7:30 pm | 6:00-­‐7:30 pm | 6:00-7:30 PM | 8:30-­‐10:00 |
|  |  |  |  |  |  | AM |
|  |  |  |  |  |  |  |
|  |

***HSA Meet Schedule for Senior D 2022-2023***

|  |  |  |  |
| --- | --- | --- | --- |
| ***Dates*** | ***Meets*** | ***Host***  ***Team*** | ***City Hosted*** |
| Sept. 24 | HSA Intrasquad Meet | HSA | Huntsville |
| Oct. 21-23 | HSA Fran Norris Meet | HSA | Huntsville |
| Nov. 4-6 | TNAQ Invite | TNAQ | Knoxville |
| Nov. 18-19 | North Alabama H.S. Sectional (High School only) (entries through HS team)  HSA volunteer options | HSA | Huntsville |
| Dec. 2-4 | Ensworth Holiday Classic (none HS State swimmers) | Ensworth | Nashville |
| Dec. 2-4 | NAC Music City Invite (must have qualifying times) | NAC | Nashville |
| Dec. 4 | Auburn “Day After” State | Auburn | Auburn |
| Jan. 13-15 | HSA TYR Invite | HSA | Huntsville |
| Feb. 17-19 | Auburn Invite | Auburn | Auburn |
| Feb. 24-26 | Southeastern Championship | HSA | Huntsville |

**GOOD MEET HABITS**

**Arrive On Time.** Get to a meet early enough to settle down into a ‘spot’ with your team and be ready with cap and goggles. Meet warm-ups are often crowded, so it’s important to be on time.

**Be Prepared.** It is best to know what events are that day. Also, make sure you have everything needed-towels, team apparel, team swimsuit, water bottle, team caps, and goggles.

**Sit With Teammates And Cheer.** Swim meets are the best time to get to know each other and build team spirit.

**Stay Positive.** If you have a bad swim, or do not like the event you are swimming, get over it and do your best and keep trying hard.

**Bring Warm Clothes, Drinks, and Snacks.** Conditions change from one pool to the next. Always be prepared for all types of climates. Drinks and snacks are important to keep energy levels high.