

## 2018-2020 Bi-Annual Plan

- Two-year plan to reevaluate for 2020-2024 quad plan - September 2020 distribution

### 2018-2019

Dates	Meet	Location	Objective
Nov 16-18, 2018	Condor IMX Invite	Felix Festa, NY	To encourage balanced IM/endurance development of AG swimmers
<b>November 28, 2018 OT Qualifying Period Begins</b>			Awareness – Schedule & Goal Setting
Nov 28 – Dec 1, 2018	USA Winter Nationals	Greensborough, NC	Gain experience @ National level meet / Inspire developing Marlins
December 8-10	TAC Invite	Cary, NC	“Mid-season” championship, program evaluation
December 2018	Team Training Trip	Florida	Lay a training base for March/April & July/August championships – Learn “professional” travel – Sports science resources for education and testing
Feb/March	Senior/Silver/Bronze/8/JO	NY	LSC Championships
March 19 – 23, 2019	NCSA Junior Nationals	Orlando, FL	Increase individual qualifiers
April 5 – 7, 2019	BGC Nationals	St. Petersburg, FL	Have fun – celebrate season
June, 2019	OW Zones	TBD	OW Qualifier
Jul 31 – Aug 4, 2019	USA Summer Nationals	Palo Alto, CA	OT qualifying meet
July 2019	USA Futures Champs	TBD	One or the other depending on # of qualifiers For big-team travel
July 2019	Speedo Sectionals	TBD	
August 1-4, 2019	AG Zone Championships	Richmond, VA	Support AG Development
Aug 6 – 10, 2019	USA Junior Nationals	Palo Alto, CA	Step from NCSA (if applicable)
December 2019	NE Senior Invite	Worcester, MA	Higher level mid-season championship
December 2019	TBD	TBD	Additional mid-season championship option
December 2019	Team Training Trip	TBD	Lay a training base for March/April & July/August championships – Learn “professional” travel – Sports science resources for education and testing  Larger group of participants

### 2019-2020

January 2020	IMX Extreme Games - NE	Maryland	Commitment to IMX System – Age Group Travel
Feb/March 2020	Senior/Silver/8/JO	NY	LSC Championships
April 2020 TBD	BGC Nationals	TBA	Have fun – celebrate season
Jun 21 – 29, 2020	USA Olympic Trials	Omaha, NE	If applicable – building to have OT <b>team</b> in 2024
July/August 2020	USA Futures Champs OR NCSA	TBD	For big-team travel
July/August	Age Group Travel	TBD	Learn to travel – non-Zone qualifiers
August	AG Zones	TBD	Support AG Development

**Explanation Below**



The purpose of this plan is to consider as a program where we are vs where we want to be and use our vision for the future to inform our daily approach. What this plan shows is our desire to improve as a program over time so that athletes at all levels achieve greater things and have more experiences as they progress through the program. For example, our current program is able to send a small group to the NCSA Championships. We aspire not just to have athletes qualify for higher-level competitions than NCSA's, but also to be able to take a large group to "stepping-stone" meets such as Sectionals or Futures — in addition to having a larger NCSA team. I believe that when we have larger groups qualifying for local championships such as Junior Olympics and Senior Mets, we will also likely have more athletes competing at National competitions, because the team as a whole is stronger. The addition of more travel opportunities reflects the wide-scale improvement we are hoping to see happen over time. This may also inform our selections for mid-season competitions – hence the possibility of inquiring about attending the Worcester meet in MA in December of 2019. The inclusion of Open Water competitions is a commitment to developing our distance program, and an acknowledgement that endurance training is a necessary component of our training progression.

Likewise, an added emphasis on the IMX meets and age group travel opportunities is a mechanism through which our age group program will contribute to the long-term improvement of the club as a whole. A team-wide commitment to swimming the IMX meets encourages young developing athletes to swim a variety of strokes and distances, which will aid their long-term development. As we strengthen our commitment to that program, it is reflected in the addition of the IMX Games in Maryland in 2020, where we hope to send a large group. Also providing our young athletes an opportunity to participate in team travel will allow the staff an opportunity to teach them "how" to travel and help them to understand what is expected of them when they travel with a team. This will result in a Senior program down the line full of athletes who are experts at travel competition processes, which will lead to better race outcomes.

This plan is flexible and will require re-evaluation over time and will be added to. However, it is a productive exercise to have a general plan for where you are going, so that you can start carving out the path required to get there. Even if our destination is different than we anticipate, I believe that the pursuit will lead us to a satisfying one.