

Red Squad Families:

Welcome to Red Squad! We at WSC are excited for the upcoming season! I will be your Red Squad Lead Coach for this season to help guide your journey through swimming. I would like to take a moment to share my background and ideology when it comes to coaching. There is also some information about the goals and expectations for Red Squad I would like to share.

## **Coaching Background and Ideology**

I have been coaching on the WSC staff since 2019 as an assistant coach and transitioned into being the Lead Coach of Bronze Squad the summer of 2022. I hold a BA and a MEd in Exercise Science from Wichita State University.

Swimming has always been a passion of mine, and to pay that forward, I became a swim coach. My primary goal is to create an environment that allows athletes to enjoy the sport through camaraderie, performance, and self-development. This involves promoting excellence within oneself through the sport of swimming, developing a competitive drive, discipline, and a sense of self-responsibility regarding perceived successes and failures.

## **Red Squad Objectives and Expectations**

Red squad athletes are expected to begin developing skills that will support their excellence in the sport such as: developing a sense of responsibility over performance and understanding the relationship between practice and meets. At this level, the goal is to introduce training concepts, while developing self awareness and proprioception in the water. It is necessary for athletes to maintain a strong foundation by completing each practice to the best of their ability. Training will be supplemented with out of water mobility/awareness training.

Lastly, communication between coaches, swimmers, and families is paramount. We encourage swimmers and families to communicate as needed with our coaching staff. Please keep in mind, we want the best for our swimmers and every decision is made with that in mind. Our cooperation is essential to ensure continued achievement. I am always available before and after practice, email, or appointment, should the need arise.

## **Practice Expectations**

Red Squad practice Schedule

Practice schedules are confirmed bi-weekly via email and our team newsletter and are subject to change.

### **Practice Schedule**

Monday/Tuesday/Thursday: 6:00-7:30 PM

Friday: 5:15-6:45 PM

Saturday: 10:00 AM-11:30 PM

## **Red Squad Attendance**

Given the diverse goals and schedules of athletes on Red Squad, there is no mandatory practice requirement to remain a part of the group. It is essential to recognize that consistent attendance significantly contributes to ongoing progress in the sport. Our Short Course Yard (SCY) season plan is structured around five (5) practices per week, recommending a minimum of four (4) for sustained improvement and three (3) for maintaining current speed and technique.

For the Long Course Meter (LCM) season, we have designed the program with six (6) practices per week. We recommend a minimum of four (4) practices for those aiming at continuous improvement. Please be mindful that consistent participation is key to achieving optimal results in your athletic journey.

## **Practice**

Red Squad is for athletes 13 or younger who have a solid technique base in all four strokes. This squad continues to build from the foundation established in White Squad and continues to emphasize stroke technique and kicking while beginning to implement aerobic training through increased yardage and test sets. Swimmers build on endurance based freestyle and train for the longer events of each stroke and venture to compete in all strokes and distances as appropriate for their age group. They continue to improve their championship mindset by building confidence and further developing coping skills concurrent with perceived disappointment as swimmers mature in the sport.

Training is designed to develop and strengthen technical skills and aerobic capacity throughout the season, with the goal of being able to develop training experience and confidence to race in a variety of strokes and distances (400 fr/200 stroke). The long course meters season is 19 weeks long. Red Squad's training progression is based on four one-week stroke progressions starting with freestyle, backstroke, breaststroke, and finishing with butterfly. In addition to our weekly stroke progressions we will also have a four week cycle starting with an aerobic test at the beginning of the week and a supplementary kick assessment later in that week, in order to establish training/baseline intervals. Please ensure that your athletes are present during the aerobic test whenever possible as they will be announced in the weekly emails.

## SCY 2025-26 Meet Schedule

Listed in **Bold font** below are the recommended meets for Bronze, with alternative meets in normal typeface.

### **Annual Red/Black Intra Squad** | September 20

[Registration](#) Deadline September 15

📍 Wichita Swim Club

Recommended for all swimmers. WSC Hosted Meet (Please sign-up to volunteer)

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### **WSC Fall Invitational** | October 10-12

[Registration](#) Deadline October 1

📍 Wichita Swim Club

Recommended for all swimmers. WSC Hosted Meet (Please sign-up to volunteer)

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### Jim Devine Memorial Invitational | October 24-26

[Registration](#) Deadline October 8

📍 MizzouRec

Recommended for all qualifying swimmers. Great first long travel meet for athletes and

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### **Legends Invitational** | November 7-9

[Registration](#) Deadline October 29

📍 Wichita Swim Club

Recommended for all swimmers. WSC Hosted Meet (Please sign-up to volunteer)

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### **Central Plains Elite Showcase** | December 4-7

[Registration](#) Deadline November 26

📍 Wichita Swim Club

Recommended for all qualifying swimmers. WSC Hosted Meet (Please sign-up to volunteer)

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**KMSC Pro-AM | TBD**

[Registration](#) Deadline TBD

TBD

Recommended for all qualifying swimmers.

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**Time Bomb | January 3**

[Registration](#) Deadline December 24

📍 Wichita Swim Club

Bronze Athletes should volunteer to assist with the prize table and or timing. WSC Hosted Meet  
(Please sign-up to volunteer)

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**Splash Club Meet of Champions | January 16-18**

[Registration](#) Deadline December 24

📍 Phillips 66 Splash Club

Recommended for all qualified athletes

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**Seahawk Chill | January 24-25**

[Registration](#) Deadline January 15

📍 Hutchinson YMCA

Recommended for athletes who did not swim a December/January Meet

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**Last Chance | February 6-8**

[Registration](#) Deadline January 28

📍 Wichita Swim Club

Recommended for athletes who have not qualified for a SCY Championship Meet. WSC Hosted Meet  
(Please sign-up to volunteer)

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**District Championship West | February 13-15**

[Registration](#) Deadline February 4

📍 Wichita Swim Club

Recommended for all qualified athletes. WSC Hosted Meet (Please sign-up to volunteer)

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**MoVal Senior Championships | February 26 - March 1**

[Registration](#) Deadline February 18

📍 Shawnee Mission School District Aquatic Center

Recommended for all qualifying swimmers

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**MoVal 14 & Under Championships | March 5 - March 8**

[Registration](#) Deadline February 25

📍 Shawnee Mission School District Aquatic Center

Recommended for all qualifying swimmers

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**Region VIII Sectionals | TBD**  
[Registration](#) Deadline February 25  
TBD  
Recommended for all qualifying swimmers

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## **Training Equipment & Team Apparel**

Swimmers are responsible for having all necessary equipment ready before the start of practice with the following:

1. Mesh Bag containing equipment recommended for their training group: water bottle, fins, and snorkel.
2. Appropriate attire and footwear for dryland activities/weather. Some practices may change on a moment's notice, so it is best to be prepared for all possible activities.

Equipment & Team Apparel can be purchased from [Elsmore swim store](#) online.

## **Communication**

We encourage swimmers and families to communicate as needed with our coaching staff. When possible, our swimmers are encouraged to communicate directly with their coach. Should you have concerns, please contact your child's primary coach directly. As coaches and parents, our cooperation is essential in that each swimmer is happy, healthy and works as part of a team to ensure continued achievement.

- Website: The team website, [wichitaswimclub.org](http://wichitaswimclub.org), is your primary source of information about the team. It contains practice schedules, all meet information and any additional information concerning our program.
- E-mail Updates: E-mail updates concerning meet information, team events and any modifications to the practice schedule will be sent weekly or as information is made available.
- Text Alerts: In the event of last minute scheduling changes/cancellations, announcements will be sent via e-mail and a Team Unify text alert. To receive text alerts (optional), confirm your cell phone number in TeamUnify by following the instructions for enrollment.

## Advancement

The group descriptions for each squad, standards of progression and our philosophy on determining advancement can be found [HERE](#). (login required to view) Training and performance standards are the established minimum for entry and should not be viewed as a checklist or required criteria, but rather the foundation from which an athlete can successfully progress.

How to know when my swimmer will advance:

- Ask your child's coach. This is the best way to know the options available at the time of your conversation.
- The timeline for every athlete is different, so avoid assumptions or comparisons and refer to the Squad Descriptions and Progression tab listed above for our philosophy, factors of consideration and standards of training for each group. On average, swimmers may remain in the same training group for up to 2 years, sometimes more or less, given individual progress and the factors for consideration.
- Check the training standards for each group, given your athlete's age. From Red, once athletes turn 11-12, athletes will either be eligible to progress to Silver or once an athlete turns 14, may progress to Bronze, at the coach's discretion.
- Swimmers may have the option to advance at the end of each season (Short Course in March, Long Course in August) and will be notified via e-mail. The swimmer's age for short course is determined as of December 1st of the current training year. Mid-season advancement may serve as a course correction, at the coach's discretion.