

GOLD GROUP

SKILL REQUIREMENTS

Minimum Qualifications:

- 10x100 @ 1:20 holding 200 FR pace
- 6x200 @ 2:45 IM
- Age Group State and/or Senior State

Minimum Knowledge:

- Know **ALL** times (practice and meets)
- Meticulous swimming
- Perfect understanding of internal pacing

EXPECTATIONS

Training Attendance:

- Swimmers in this group are expected to attend every training practice on the schedule.
- Absences must be notified to the head coach via Email, Text, or phone call with knowledge of communication by the swimmer's parents.

Competition:

- GOLD GROUP Swimmers are expected to attend every swim meet on the calendar marked for Gold Team.
- The coach will select all meet entries with input from the swimmer.
- **LEAD LEAD LEAD**
- **TEAM TEAM TEAM**

EDUCATION

Training:

- Technical skills for all strokes
- Detail oriented training
- Game planning for events
- Underwater explosive training
- VO2 max training (Mid/Dist)
- Sprint precision training
- Distance precision training
- Practices oriented to specialty events for each individual stroke and IM
- Strength & Conditioning training
- **LEAD LEAD LEAD**
- **TEAM TEAM TEAM**

Competition:

- Increase knowledge of events
- Energy endurance efficiency throughout the swim meet
- **LEAD LEAD LEAD**
- **TEAM TEAM TEAM**

Time Management:

- Organizing school and Training time in order to keep up the good grades and attending practices to have the best possibilities to improve at the season's end
- Optimizing time for the priorities in each swimmer's life which also includes the athlete's social life outside the water, be it with family, friends, and teammate

- **LEAD LEAD LEAD**
- **TEAM TEAM TEAM**

Mental Training:

- Goal setting
- Believing in oneself
- Overcoming failure
- Hard work mentality
- Focus mentality
- **LEAD LEAD LEAD**
- **TEAM TEAM TEAM**

Emotional Training:

- Controlling emotions & utilizing feelings to help performances, & overcoming failures
- Understanding life through the sport: its successes, failures, training, desires, etc

Nutrition Training:

- During training months
- For competition taper moments
- Knowledge of nutrients and where we can get them from

Stress Management:

- Being very committed to improving in the water yet we still want the athletes in this group to enjoy the sport and love it because this is a sport for life
- Being able to maintain a high level of training with the expectations of keeping good grades in school

Character Development

Personal:

- Respect
- Responsibility
- Discipline
- Determination
- Desire
- Positive attitude
- Leadership
- Organization
- Focus
- Humility

Social:

- Communication
- Teamwork
- Empathy
- Friendship
- Learning how to follow
- Learning how to lead
- Online behavior
- Respect for one another
- Respect for others' belongings
- **LEAD LEAD LEAD**
- **TEAM TEAM TEAM**