

# MACR SHARKS GOLD TRAINING GROUP (13+)



## **GOLD TRAINING GROUP**

This is a high-performance training group designed to prepare swimmers for higher levels of competition. The emphasis will be on increased aerobic conditioning, as well as the physical, mental and emotional preparation required for high level competition. This group will focus on advanced stroke mechanics, training of specific energy systems, perfecting race strategies, proper nutrition, individual goal setting, team goal setting, and developing and understanding of the importance of proper mental preparation for high performance.

## **Requirements to Enter Gold Group**

Swimmers will enter the Gold group only upon invitation from the coach. To be considered for placement into the Gold group swimmers must first be able to complete the Goals of the Black Sr. Group and agree to the expectations put in place in regards to practice and swim meet commitment and expectations of role modeling to younger athletes.

## **Practice Commitments**

Swimmers are required to attend a minimum of 5 practices per week. Attendance of morning practices will be at the discretion of the Gold group coach, and morning workouts will not serve as a substitute to afternoon or weekend workouts in fulfilling an athlete's attendance requirement. Athletes who fail to meet this requirement, evaluated over each month, will be removed to a lower group level, space permitting.

## **Meet Commitments**

Swimmers are expected to attend all meets prescribed by the Gold group coach including the highest-level championship meet that the swimmer qualifies for. Focus meets for this group during the season are Short/Long Course YMCA Nationals and/or USA Sectionals and above.

## **Expectations of a good role model**

Role modeling includes a consistent commitment to live up to the core values of the YMCA - Caring, Honesty, Respect and Responsibility. These shall be demonstrated on a daily basis by showing a willingness to work together as a team, following all team expectations and by being respectful of coaches, YMCA staff, officials, volunteers and swimmers from all practice groups.

As role models to younger swimmers on the team, gold group swimmers should be aware that these younger swimmers will be looking up to them and aspiring to be like them. Maintaining a positive and respectful attitude at practice, swim meets and away from the pool is an important element for this group.

## **Goals of the Gold Group**

The primary goal of the Gold group is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to transition into collegiate swimming. Within Gold group swimmers should be able to complete all of the following:

- Achieve at least 1 YMCA Short-Course National Championship qualifying standards
- Demonstrate the highest possible commitment to practice attendance
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate a commitment to attending all meets prescribed by the coaching staff
- Demonstrate a commitment to balance academics with swimming, striving for excellence in both
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff
- Demonstrate the YMCA's 4 core values and show willingness to work together as a team in reaching for the highest level of individual and team performance possible
- Demonstrate the mental skills necessary to succeed at a national level of competition

## **Required Equipment**

Practice - Fins, Snorkel, Paddles, Kickboard, Equipment Bag, Practice Suits - (boys - brief + drag suit, girls - choice back + leggings) If cap worn in practice, must be team cap only.

Meets - Team Swim Caps (1 Green + 1 Black), Custom Team Suit (Boys - brief, Girls - fastback), Tech Suit (options offered at time of champs meets), Team T-Shirt, Additional team apparel as needed to promote unity.