NHCP Swim Club

Senior 1 Training Group

Group Focus: The Pre-Senior Training Group consists of the club's senior swimmers. This group is 20% instructional and 80% conditioning. All previous technique work will be continued and advanced with an increased emphasis on more challenging aerobic and anaerobic training. A dryland conditioning program is a part of the practice to promote core strength and athleticism.

Practices Offered: Six practices a week for 120-150 minutes. Yardage range 4900-6200

Equipment Needed: Practice suit, goggles, cap, kickboard, pull buoy, snorkel, fins inhaler if needed and mesh bag. Please have extra suits, goggles and caps.

Coaching and Accountability: Swimmers start to take responsibility for their performance. The swimmer is able to listen and learn from the coaches during their practice both in and out of the water. Demonstrate sportsmanship, respect for coaches, teammates, officials and competitors no matter what the level. There is club pride and encouragement for all their teammates.

Age Requirements: **This group consists of athletes 14 to 16 years of age.** Members of this group are typically in High School, **however swimmers who are in 8th grade may be considered providing they have the physical and mental maturity to perform at this level.**

Attendance/Work Ethic: The group is expected to attend 5-6 practices offered. They can communicate their commitment to their coaches, parents and teammates. Swimmers will also be able to participate in the developing specific and attainable practice group goals.

Stroke and Skill Requirement: Swimmers have the basic understanding of the following:

- The relationship between distance per stroke, stroke rate and swimming speed
- Proper mechanics and drills used to refine each stroke
- Proper turn and start mechanics, no breathing off walls•
- How to pace each race

Psychological Skills: Swimmers begin to develop a pre-race routine, which includes the ability to visualize a race from start to finish and develop focal points for concentration. Swimmers will also have a basic understanding of goal setting, both short term and long term goal. The swimmer also understands the proper meet and practice behaviors, which includes controlling emotions and the proper release of those emotions though verbal and physical actions.

Competition Requirement:	Swimmers are expected to compete in at least one meet a month and should compete in all meets hosted by NHCP. Additionally, if a swimmer qualifies for higher level meets they are expected to compete in those meets.
Important Reminders:	Please be aware of the following items.

- NHCP always focuses on the athlete's long term development
- There are the guidelines that we use in the structuring of all of our swim groups. All group testing and advancement is done at the coach's discretion and is only done with the Head Coach's approval
- Short Couse yards are used for the basis of promotion criteria. LCM will be converted
- Test sets will be conducted early and late in each season/session to measure individual improvement and to serve as a baseline for group performance
- Moves occur before a season starts

Performance Requirement:	For admittance in to the Senior 1 Training Group swimmers must have the ability and show the desire to do the following:

1. Regularly attend 5 of the 6 practices offered to the Pre-Senior Training Group 2.
2. Should be able to perform a T30 with yardage range of 2100-2350
3. Has the ability to read, understand and follow more complex intervals and sets
4. Should have an understanding and a use of flip turns in practice
5. Can consistently perform a proper streamline. On their stomach until their hops are under the Backstroke flags.
6. Can consistently complete the training test sets. These are updated each season based on current performance of the group and numbers in the group sets:

TEST SETS TO REMAIN or promote at end of season: -
1. 10 X 100 Free @ 15 seconds rest Hold Best average Pre-S 1:27-1:30, Sr 1 1:13, Sr 2 1:08 (total time – 2:15 min. divided by 10 = average 100 time)
2. 8x100 Flutter K 1:50 ALL GROUPS
3. T30 Pre S. 2050, Sr 1 2250 Sr 2 2400
4. 10 x 100 IM hold best average R 15 Pre- 1:45, Sr 1 1:30, Sr 2 1:20

Failure to maintain group standards will result in moving to a lower level until a swimmer is able to requalify for the training group at the end of the session. There are limited spots in each training group. If the group is full then only the top performers in the training group will be able to fill the avaible spots in the next training group.