

Rockwood Swim Club- AGD Group

Welcome & Introduction

Welcome to the Rockwood Swim Club, Age Group Development (AGD). Rockwood's mission is to provide superior coaching, training, and a safe learning environment to bring out the best in all our athletes. Rockwood Swim Club strives to provide an exciting and abuse-free environment for every athlete. These experiences go far beyond the winning and losing of races; swimming develops character traits used throughout one's life.

Liz Knoesel is the lead coach for the AGD Group. Liz has been involved in Aquatics for over 20 years in multiple roles from teaching Parent/Child swim lessons to coaching Master's Swimming. Liz was Head Swim Coach and Aquatic Director at the Wildwood Family YMCA for five years before joining the Rockwood coaching staff in 2016. Liz is passionate about making sure swimmers are learning the correct fundamentals and building a strong foundation that they can continue to build upon as they progress in the sport. She encourages them to learn the why to go with the how of swimming. Liz is married with four children (2 girls, 1 who has retired from swimming and 1 who currently swims for RSCA, and 2 boys who love baseball and refused to swim competitively) and two crazy labs.

Assistant coaches for the AGD Group include Michelle Harrison, Claire Maniscalco, Jason Weise and Karen Mollenhoff. Anabell Cook and Emma Knoesel are two junior coaches on Rockwood Swim Club who will be assisting at practices.

Group Focus/Goals

The AGD group provides a major focus on stroke technique, endurance, progressing to Gold Group or Senior Group depending on appropriate age and skill, participation in at least two meets a semester and having fun. All of the practices, social events and major/minor goals of the coach are done with these focus points in mind. The swimmers are expected and taught to approach all practices, meets and social events using these focus points. Below is a quick summary of each point:

- **Stroke Technique:** In order for swimmers to become successful as they grow it is imperative that they learn how to swim with correct technique and a correct understanding of how stroke corrections can majorly improve performance. Little improvements can make big differences. AGD will be focusing on proper head positioning in the strokes, checking hand placement in the water, controlling how we start our swims and becoming consistent with our streamlines and underwaters.

- **Endurance/Training:** Once the technique specific drills and work is established the AGD group practices will begin to work on building up endurance with continuously challenging distances and intervals. Swimmers will be instructed on how to read a pace clock, understand intervals and learn to stay on intervals assigned for sets without prompting.

· **Participation in Meets:** The purpose of training in any athletic pursuit is to be able to compete. Swimming is no different, and that is why meets are an important part of being on a USA Swim team. It is recommended that swimmers participate in a minimum of 2 meets a semester.

· **Moving to Gold Group:** It should be a goal of every AGD swimmer to be working towards progressing to the next level of the club. Eligibility will be determined based on the ability to complete specific test sets, compete at meets on a specific level, and work hard on a daily basis (See "Move up Standards" page on the team website for specific details). Move ups are done three times during the season.

- Move Up Sets will be used multiple times throughout the season to help gauge where swimmers are in their training and how they are progressing throughout the season. Move Up Set intervals and amounts will be tailored as needed for each swimmer to have focus and be successful with the goal of improvement from previous sets. Listed below are the test sets Silver will be using:
 - 8 x 100 Free on 1:40
 - 5 x 100 IM on 1:50
 - 3 x 200 IM on 3:50
 - 8 x 100 Bk on 1:45; 6 x 100 Fly on 1:50; 6 x 100 Breast on 2:00

· **Fun:** While working hard and competing are important, it is essential that swimmers in AGD group are having fun with/enjoying the sport. Fun can be a range of activities from racing teammates at practice, themed practices and social activities in and out of the pool.

Parent Expectations

Parents play a vital role in helping swimmers. There are a few items that all parents should be aware of regarding conduct around the pool deck. It is a USA Swimming rule that parents are not allowed to be on deck.

· **Coaching From The Stands:** Everyone gets excited during their child's sport. However, please let the coaches do the coaching with the kids. Please do not lean over the bleachers to speak to your swimmer during practice. Parents should not signal their swimmer during the practice. It is distracting to everyone involved and sends the wrong message to the swimmer(s). Let us work with your children and understand that we have the knowledge to help them progress in the sport. Without that trust, the swimmer/parent/coach relationship cannot work.

· **The Pool Deck - Practice:** Parents cannot be on the pool deck during practices unless sitting in a designated sitting/viewing area of that facility (bleachers, stands, etc.). At no time should a parent be on deck unless it is an emergency. Replacing equipment (goggles or fins) is not an emergency. The swimmers can handle those issues with the coaching staff. Please do not speak to the coaches during the practice, unless it is an emergency, as we want their complete focus on working with your children. If you need to speak to a coach about anything, please do so before or after practice.

Additional Information

There are a few helpful apps that are available to download.

- **Meet Mobile:** Access to meet results including heat sheets and psych sheets for meets when available. This is a yearly subscription.
- **Swimmetry:** Access to meet results along with goal tracking and analytics, comparisons between other swimmers (including Olympians) or year to year, along with recent news articles from SwimSwam, TeamUnify and Swimming World. This is a one time purchase.