

# Rockwood Swim Club- Silver Group

## Welcome and Introduction

Welcome to the Rockwood Swim Club, Silver Group. 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 Silver 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 is 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 Silver Group include Stephen Schrank, Claire Maniscalco, Kristen Chalfant, Jason Weise and Karen Mollenhoff. Anabell Cook, Zoe Chalfant and Emma Knoesel are junior coaches on Rockwood Swim Club who will be assisting at practices.

## Group Focus/Goals

The Silver group provides a major focus on stroke technique, endurance, moving up to Gold Group, participation in major meets (such as Ozark Championships) 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. Silver will be focusing on proper head positioning in the strokes, checking hand placement in the water, timing of breathes, 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 Silver 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. Swimmers are expected to attend practice 2-3 days per week. It is expected that swimmers will come prepared for dryland daily this includes wearing appropriate clothing and shoes.

- Warm Up To Swim (WUTS) is a program Rockwood started following in 2022. It is designed to get the body moving and activated before getting into the water.

· **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, especially championship level 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. Important meets are dependent on age and ability, however Silver group places a large emphasis on qualifying for, and competing in the Ozark Division 1 Championship meet. It should be noted that the only way to qualify for these meets is to also attend all/most meets offered. Additional information on swim meets can be found [here](#).

· **Moving up to Gold Group:** It should be a goal of every Silver swimmer to move up to the next level of the club. Eligibility will be determined based on the ability to complete specific move up 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- mid November, mid March and end of Long Course 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 Silver group are having fun with/enjoying the sport. At this young age, fun motivates swimmers to continue to work towards achieving their goals. 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 yearly subscription.