

Blue Group Handbook

Introduction

Hello Blue! We are excited for another year of learning and fun! Welcome, we are excited to have you all here. The goal of this handbook is to help you all understand what the group is, what our goals are, and provide both swimmers and parents with important information for the year. If you have any questions, please direct them to Coach Daniel Choy.

Prerequisite skills:

Freestyle: complete a 50-yard free in under :50 seconds in competition, with body balance and side breathing. Swimmers must be able to complete flip turns with a streamline and dolphin kicks.

Backstroke: complete a 50-yard back in under 1:00 minute in competition, with body balance, shoulder rotation and straight leg kicking. Swimmers must be able to complete a legal backstroke turn with a streamline and dolphin kicks.

Breaststroke: complete a 50-yard breast in competition, with legal kick and stroke timing. Swimmers must be able to complete a legal open turn with the underwater sequence of a breaststroke pulldown.

Butterfly: complete a 25-yard fly in competition with legal form. Swimmers must be able to complete a legal open turn with underwater dolphin kicks.

Other standards: complete a 100-yard individual medley in competition with legal turns and finishes; be able to do 50s of kick in workout under 1:00; be involved in regular swim meet competition.

Exit skills:

Freestyle: in competition, complete a 50-yard freestyle under :40 seconds; a 100-yard freestyle in under 1:25; and a 200-yard freestyle in under 3:00 minutes. Must utilize flipturns in all freestyle competitions.

Backstroke: complete a 100-yard backstroke in under 1:35

Breaststroke: complete a 100-yard breaststroke in under 1:50

Butterfly: complete a 50-yard fly in under :40 seconds

Individual medley: complete a 100-yard IM in under 1:45

Other standards: competent and legal in all IM transition turns; be involved in regular swim meet competition; have a competitive start, which includes dives, underwater, and breakouts; understand stroke counts as a training aid; have 5 events with a USA Swimming 'B' time; and complete 5 x 100 with a fastest possible send-off interval in freestyle of 1:45; have an understanding of race planning.

The ideal candidate for promotion must listen well, follow directions, apply stroke instruction, and work in a group setting.

Contact Information:

Email: dchoy@albanyarmada.com

Description: This group is designed for elementary and middle school aged children 11 years old and younger, who are still learning the mastery of the competitive strokes. The group will introduce swimmers to training concepts and create a basis for a swimming career. Athletes in this group will learn that training and setting competitive goals is not only fulfilling but fun.

Swimmer Attendance Expectations: Swimmers are expected to attend all four available practices a week. Minimum attendance per week is 3 out of 4 practices. Should a swimmer expect to miss more than one practice in a week, coaching staff should be notified. Swimming requires both physical and mental training, and the best way to promote growth in the pool is consistency.



Equipment: Swimmers are required to bring these items to practice everyday

- Fins--recommended pair linked [here](#)
- Kickboard--recommended one linked [here](#)

Meet Participation: Swimmers are required to attend all of the practice meets and are highly encouraged to participate in official scheduled meets. When signing up for events, the coaches will detail which events each swimmer should participate in “focus events”. Generally we select 1 event per day, then swimmers can select the other events. We recommend 3-4 events per swim meet day. Oftentimes meets fill up quickly best practice is to register as soon as a meet opens.

Compliance forms: All swimmers and parents must comply with the AAA Code of Conduct at all times (swimmers linked [here](#), parents linked [here](#)). Code of Conduct breaches can result in suspension or immediate dismissal from the team.

Blue Group Glossary

Terms:

Catch: The pull; the part of the pull that happens against the water.

Championship finish: Four-step finish. 1) No breath from the flags into the wall. 2) Finish with your hand 6-8 inches below the surface of the water. 3) Finish on your side into the wall. 4) Kick hard from the flags.

Drill: A modification of a stroke to help teach 1 concept or practice one movement to help with teaching the whole stroke

Down / crossover kick: The kick in freestyle and backstroke that occurs at the same time the hand is pulling. In freestyle, the left arm is pulling while the right leg is kicking, and vice versa, which creates a crossbody connection. In backstroke, the left arm is pulling while the left leg is kicking, and vice versa.

Listening position: one hand on a wall or lane line, eye and ears above water on the coach.

Interval: A set time that tells the swimmers when to leave, or how much time they have to complete the set

Ready position: the action of being ready to push off the wall. One hand on the wall, feet on the T, the other arm on the surface pointed towards where you are going. Always positioned on the right side of the lane. To leave the wall, do the following actions in order: sink/streamline/push.

Sculling: the action of applying pressure to the water in a tight sweeping motion. Works on finding powerful catch positions in each stroke.

Splits: The pace it takes to go your goal time in any given race. Splits can be any distance--25s, 50s, 100s, 500s.

Streamline: This is a position that you should be in every time you leave the wall or from a dive. This involves a swimmer to overlap their hands, create three points of contact: thumb lock, elbow squeeze and trap head and shoulder squeezing the back of their neck.

Variable: This is when you change speeds/vary in one set. Ez-fast/Fast - ez/Ez/Fast



Drills Index

Freestyle

Inline kick: one arm by cheek, other arm on side, belly button facing the side of the pool, with eyes facing the bottom of the pool.

Rotation kick: both arms by sides. Six kicks with the belly button facing one side of the pool, rotate belly button to face the other side of the pool for another six kicks. Eyes facing the bottom of the pool.

Side 11 Freestyle: Begin in the 11 position, kick three times, take one straight arm stroke. Kick three more times, then recover the arm bk to the starting 11 position, and alternate the arms. Count to 1, 2, 3; push to side, kick 4, 5, 6 and lift.

Archer/Sailboat/Flagpole: Kicking on side, lift the top arm straight up out of the water and hold for 3 count, Meanwhile the arm in the water is straight. Bend the top arm at the elbow whilst hooking the arm in the water creating a position resembling holding a bow and arrow. Push and switch

Backstroke

Inline kick: one arm behind neck, other arm on side, belly button facing the side of the pool, with eyes facing the sky.

Rotation kick: both arms by sides. Six kicks with the belly button facing one side of the pool, rotate the belly button to face the other side of the pool for another six kicks. Eyes facing the sky.

L-switch: waiting for the bottom arm to raise into L-position (arm directly above eyes, other arm behind neck) before pulling with the top arm.

6-kick switch: begin in the inline position, add 3 kicks on your side, recover the arm and push the water to switch the side you are on and push the water.

Breaststroke

Kick: *suit* (heels to suit); *circle* (draw circle with heels); *squeeze* (bring legs together and squeeze)

Body position kick: thumbs interlocked with head down and arms stretched in front of body. Breaststroke kick, gliding for 2-Armada in between each kick.

Separation Breaststroke: begin in a missile position float bubbles. Pull breathe and get back to missile position quickly, add kick glide blow bubbles

Butterfly

Body position kick: body at surface, hands at hips, breathe every third undulation.

Body roll kick: body at surface, arms by sides. Pressing the chest to lift the hips, then squeezing hips down back in line.

Separation Butterfly: begin in a Y floating position, bend at your waist, press chest below surface and press legs down. Float back on the surface and then initiate pull. Recover back to start.

Underwater Recovery: Starting in Y position, catch and hook both arms. Pull through with a body roll and finish the stroke, arms are by hips, head comes up for a breath and skims along the water. Tilt head back down into the water and slowly recover the arms underneath, pushing them above your head.



**Blue Group Handbook, 2023-24
Expectations Agreement**

For Coaches

1. We will be prepared for practice. We will be on time and have a thoughtfully prepared workout for you each day. We will be mentally present, excited to share and learn with you all, and actively search for opportunities to help you improve.
2. Using your thoughts and experiences as our guide, we will provide individualized feedback.
3. We will listen to you with an open mind to understand the whole picture, and be committed to finding solutions to help us move forward.
4. We will strive to find ways to connect the group and create a fun, positive environment for all swimmers.
5. We will work with you as a partner to achieve your competitive swimming goals and support you in any way you need outside of the pool.

For Athletes

1. You will be physically prepared for practice. You will be on time, with all your equipment and a fueled body; and you will have done your best to recover from previous practices.
2. You will be mentally prepared for practice. You will be prepared to give your best effort and be open to learning new skills.
3. You will actively communicate with us about absences, and if we do or say something that you don't understand or you feel isn't benefiting you.
4. You will be a supportive teammate to each and every person on Armada, and understand that being the best teammate you can be makes the whole team better, including yourself.
5. You will receive feedback from us *and yourself*, and do your best to have a growth mindset by understanding that each day is a new chance to learn and be better than the day before.

By signing here, you are indicating that you have read the 2022-2023 Blue Group Handbook and understood the expectations for Blue Group.

Coach's Name (printed):

Coach's Signature:

Date:

Daniel Choy

Daniel Choy

08/23/2023

Swimmer's Name (printed):

Swimmer's Signature:

Date:

Parent's Name (printed):

Parent's Signature:

Date:

Please sign, detach this last page of the handbook, and return to Coach Daniel on Monday, October 1, 2023.

