

Navy Group Handbook



Welcome to the Navy Group!

Whether you're new to the team or a returning swimmer, we're excited to have you with us. A special welcome goes to our **new Navy Group Lead Coach, Brandon James!** Brandon has worked with the Navy Group intermittently in the past, and he's now thrilled to be stepping into this role full time. He brings both expertise and energy to the group, and he's excited to help each of you reach your goals this season.

This handbook outlines the goals, expectations, and important details about the Navy Group. If you have any questions, please don't hesitate to reach out to Coach Brandon.

Contact Information:

- **Email:** bjames@albanyarmada.com
 - **GroupMe:** Navy Group chat or direct message (preferred for swimmer-coach communication, especially for absences).
 - Note: Swimmers emailing must cc a parent as per USA Swimming's MAAPPS policy.
 - **MAAPPS Hours:** 5:00 AM to 10:00 PM
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What is the Navy Group?

The Navy Group is designed for high school and middle school athletes who are dedicated to prioritizing their swimming goals. This group focuses on mastering all four strokes and developing a deep understanding of technique, training, and meet preparation. Navy athletes take leadership roles within the Armada community and embody what it means to be a champion both in and out of the pool.

Group Objectives:

- Refine stroke mechanics and develop strong technical habits
- Build a highly competitive aerobic base through dedicated training
- Master the mental aspect of the sport through self-awareness and sports psychology
- Represent and embody the values of **Albany Armada Aquatics**
- Communicate reliably and effectively with teammates and coaches



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Age Range: High school and middle school athletes (ages 13-18)

Time Standard Objectives: A, AA

Practices per Week: 5 swim practices (+ occasional morning practices). 2 Dryland trainings. 1 Goal setting session.

Yardage: Roughly 3000 yards per practice



Requirements

Attendance:

Navy swimmers are expected to attend at least **80%** of practice sessions, including goal-setting and dryland. For athletes participating in non-swimming high school sports, a minimum of **70%** attendance is required.

Conflicts:

If you have a scheduling conflict (like a school meeting or doctor's appointment), please let Coach Yev know in writing at least a day in advance. Communication is key to ensuring smooth and effective training!

Illness or Injury:

If you're sick with a fever or stomach issues, please stay home and notify Coach Brandon of your absence. However, if you're dealing with minor issues (like sniffles), it's usually fine to come to practice unless you suspect COVID-19. Injuries? Let Brandon know! We can modify your training plan so you can still stay active and progress.

Meet Participation:

Navy Group swimmers are required to attend all practice meets and time trials. When signing up for events, please check the **focus events** for the Navy Group or consult Coach Brandon.



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Equipment List:

Come prepared! You'll need the following equipment for every practice. Mesh bags can be left on the hooks provided at the pool:

- Mesh bag
- Fins
- Paddles
- Snorkel
- Pull buoy
- Kickboard
- Water bottle
- Plastic workout sheet (provided)

If you're missing gear, please order from the team store or reach out to the coaches. Frequent absences of required equipment will result in a swimmer-parent-coach meeting.

Navy Group Glossary

BP: Body position kick. For fly, head down with hands in the 11-position; for backstroke, side-kick focusing on pressing the shoulders into the water.

DPS: Distance per stroke—the goal is to take as few strokes as possible while maintaining efficiency.

EVF: Early vertical forearm, the key phase of each stroke where you catch the water by popping your elbow up.

FPSO: Fastest possible send-off, referring to your fastest possible interval for sets like 5 x 100s.

RIMO/IMO: Reverse IM order (RIMO) or IM order (IMO).

SC: Stroke count, the number of strokes you take per lap.

SKDS: Scull, kick, drill, swim.

Drill Index

Butterfly

- **Body position kick:** Hands in 11-position, focusing on the roll-snap rhythm.



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- **Underwater recovery:** Press your chest, catch with the hands, and snap your feet back to 11-position.

Backstroke

- **Rotation kick:** Focus on rotating your hips and shoulders, using your crossover kick to initiate the turn.
- **Kickboard drill:** Use a kickboard between your legs to work on rotating your hips and shoulders.

Breaststroke

- **Separation breaststroke:** Pull with your arms while keeping your legs straight. Then, kick while holding the “shoot position.”
- **Adam Peaty drill:** This drill helps you develop quicker heel lifts during your breaststroke kick.

Freestyle

- **Fingertip drag:** Focus on keeping your elbow high while dragging your fingertips along the water during the recovery phase.
- **6-kick switch:** Start on your side and kick six times. The seventh kick is a crossover kick that leads into a stroke.

Links & Literature

- **Team Website:** [Albany Armada](#)
- **GroupMe:** Navy Group chat for urgent communication. Ask Brandon to be added.
- **USA Swimming Times Search:** Check all your best times from sanctioned meets.
- **PacSwim.org:** A great resource for news, top times, and time standards.

Recommended Reading:

- *Four Champions, One Gold Medal* by Chuck Warner
- *Swimming to Antarctica* by Lynne Cox
- *Young Woman and the Sea* by Glenn Stout
- *Why We Swim* by Bonnie Tsui
- *The Inner Game of Tennis* by Timothy Gallwey
- *Mindset* by Carol Dweck



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Expectations Agreement

For Coaches:

We will always come to practice ready, motivated, and prepared to help you improve. We will create thoughtful, challenging workouts and provide constructive feedback to support your progress. We are here to help you achieve your goals and to ensure that you enjoy the process of becoming the best swimmer you can be.

For Athletes:

You will arrive at practice on time, with your equipment ready, and prepared to give your best effort. You'll approach each practice with a positive mindset, eager to learn and improve. Communication is key—let us know if something isn't working or if you have questions. Be a supportive teammate, because lifting others up makes the whole team stronger!



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