



# Nation's Capital Swim Club Alexandria

## J&M Swim

### Age Group 2-3 AM



**Age Group 2-3 Hybrid:** Swimmers Age 9-12, Age 13& over with approval

**Frequency:** 2 & 3 day team options

**Locations:**

Franconia District

Mon/Wed/Fri 6:30 AM-7:30 AM

**Required Equipment:**

- \* Fins \* Kickboard \* Pull-Buoy
- \* Goggles \* NCAP Swim Cap
- \* Racing Style Swimsuit

### Concepts & Areas of Focus

		Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
9-10	2 Day Team	\$2,795	\$2,570	\$373.83
9-10	3 Day Team	\$3,445	\$3,270	\$460.77
11-12	2 Day Team	\$2,995	\$2,820	\$400.58
11-12	3 Day Team	\$3,695	\$3,520	\$494.21
13/over	3 Day Team	\$3,895	\$3,720	\$520.96

- ❖ Improve stroke mechanics in all four competitive strokes through drills and positive feedback
- ❖ Increase efficiency and speed in starts and turns
- ❖ Gain awareness of stroke count - begin to work on counting strokes to begin increase distance per stroke
- ❖ Progressively develop Interval training and rest intervals
- ❖ Develop pacing skills
- ❖ Increase the number of dolphins kicks off wall to 3-4

**Fees:**

- If your swimmer is 12 on or before 12/31/24, refer to AG3 pricing.
- \$700 non refundable per swimmer
- Early Bird Discount - \$175 on or before May 31
- Sibling discount - \$150 reduction for each additional member participating in our USA swim team programs.
- Programs are billed based on age as of December 31, 2024

### Goals & Focus:

- ❖ Swimmers will begin setting practice and meet goals.
- ❖ Increase knowledge of the importance of good nutrition and hydration and its impact on swimming performance.
- ❖ Be an active participant in communication between coaches and parent for practices, meets, goals and expectations.



# Nation's Capital Swim Club Alexandria

## J&M Swim

### Age Group 2-3 Hybrid



#### Meets:

Swimmers in AG2-3 Hybrid are encouraged but not required to swim in meets. The following skills are focused on during swim meets

- ❖ Gaining independence at swim meets
- ❖ Being actively involved in selecting events with guidance from their coach.
- ❖ Coaches review entries ensuring appropriate event/meet selection and follow up with swimmers.
- ❖ How to warm-up for a meet and warm-down after an event with fading prompting from coaches.
- ❖ Become independent with pre & post race procedures - discuss swim with their coach before a race, warm-down, and speak with coach for feedback after a race.
- ❖ As part of the race review, coaches will prompt swimmers to offer feedback on the positive aspects and “areas of improvement” of their race and compare to their previous races.

#### Transition to Age Group 3:

Transition between groups can occur:

- ❖ At the start of the swim year
- ❖ After winter break or spring break
- ❖ When swimmer increases their training days
- ❖ Potentially when a swimmer changes age-group (for example 9-10 to 11-12 during the season)

To prepare for transition, coaches consider the following:

- ❖ Is the swimmer successful in the current group?
- ❖ How many days of week are they training?
- ❖ Does the swimmer attend practices regularly?
- ❖ Are they eager for the next level or step?
- ❖ Can they handle current workload during workouts?
- ❖ Are they swimming appropriate events at meets?
- ❖ Can the swimmer effectively communicate on an appropriate level with the coach?

