



Nation's Capital Swim Club Alexandria

J&M Swim

Age Group 3 Age 11-14



Age Group 3: Swimmers Age 11-14
Frequency: 1 and 2 day team options
Locations:

Franconia District

Mon- Thur 5:00 PM-6:00 PM

Mon/Wed/Fri 4:30-6:00 AM

Mount Vernon Rec

Tue/ Thur 7:00- 8:00 PM

Mon/Wed/Fri 5:00-6:00 AM

*1 Day Option only available at Mount Vernon Rec

Required Equipment:

* Fins * Kickboard *Pull-Buoy *Goggles
 *Snorkel & Nose Plug
 (see coach for brand & sizing)

Fees:		Full	Full Early Bird	8 Payments
—		Payment	Payment	(includes 5% fee)
11-12	1 Day Team	\$2,245	\$2,070	\$294.65
11-12	2 Day Team	\$2,845	\$2,670	\$373.40
11-12	3 Day Plus	\$3,695	\$3,520	\$484.96
13-14	1 Day Team	\$2,445	\$2,270	\$320.90
13-14	2 Day Team	\$3,045	\$2,870	\$399.65
13-14	3 Day Plus	\$3,895	\$3,720	\$511.21

- \$700 non refundable per swimmer
- Early Bird Discount - \$175 on or before June 30
- 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, 2025
- Afternoon practices end Memorial Day 2026
- For summer morning practice information, contact your coach

Concepts & Areas of Focus

- ❖ Swimmers will build on what they have learned in AG2
- ❖ Increase their endurance and, improve their focus in both workouts and meets
- ❖ Hone their skills in reading the pace clocks, learning swim concepts and ensuring all strokes and turns are legal

Goals & Focus:

- ❖ Swimmers are proactive in following a training schedule
- ❖ Swimmers and Parents will communicate with the coach about missing practices and making up practice time
- ❖



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Meets:

Swimmers in AG3 typically participate in meets but not required to swim in meets. The following skills are focused on during swim meets

- ❖ Swimmers will warm up for a meet and warm down after an event with minimal prompting from the coach, This may include, general warm-up, getting heart rate up for sprint events, pacing for 200 or longer events, as well as knowing when to warm up and what to do prior to each event.
- ❖ Swimmers are expected to follow the race routine of conferring with the coach prior to the event, subsequently warming down, then meet the coach to review the race in a timely manner.
- ❖ As part of the race review, without prompting from coaches, swimmers will offer feedback on the positive aspects and “areas of improvement” of their race.
- ❖ Throughout the season, swimmers will use their prior race and practice experiences in discussing race strategies, goals and expectations with the coach.

Transition to Age Group Performance:

Transition between groups can occur:

- ❖ At the start of the swim year
- ❖ After 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?
- ❖ Swimmer should have all 4 strokes legal
- ❖ 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?

