



# Nation's Capital Swim Club Alexandria

## J&M Swim

### Age Group Performance



#### Required Equipment:

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

#### Concepts & Areas of Focus

- ❖ Swimmers progress to AG Performance on our competitive USA Swimming Team and require a coach's recommendation
- ❖ Increase distance per stroke
- ❖ Develop stroke count awareness for freestyle and priority stroke and be able to do a simple set based on this stroke count (for example, freestyle=16-20 strokes, backstroke =16-20, breaststroke= 8-12 strokes, fly= 8-12)
- ❖ Consistent Interval training and rest interval
- ❖ Learn how to descend within a set
- ❖ Practice consistent pacing
- ❖ Increase dolphins kicks off the wall to 5–6
- ❖ Terminology – including, long and strong, breakouts, stroke phases “recovery and catch”, 15-meter marker rules per each stroke

#### Goals & Focus:

- ❖ Swimmers are proactive in following a training schedule
- ❖ Swimmers will set and monitor goals
- ❖ Nutrition: Begin tracking types of food and hydration levels

**Age Group Performance:** Swimmers Age 11-14

**Frequency:** 3 days a week minimum, more encouraged

**Location:**

Lee District

Mon- Thur 6:00 PM-7:30 PM

Mon-Fri 4:30-6:00 AM\*

Spring and Summer Long Course Available

Saturdays will be announced when available

Fees:		Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
11-12	AG-P	\$3,825	\$3,650	\$511.59
13-14	AG-P	\$4050	\$3,850	538.34\$

- \$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, 2023
- Afternoon practices end Memorial Day
- For summer morning practice information, contact your coach



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#### Meets:

Swimmers 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:

Transition between groups can occur:

- ❖ At the start of the swim year
- ❖ After winter break or spring break
- ❖ When swimmer increases their training days
- ❖ 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 must have all 4 strokes legal
- ❖ Can they handle current workload during workouts?
- ❖ How do they perform on test sets such as: 10 x 50's on :50 free and 10 x 100 free 1:30?
- ❖ Are they swimming appropriate events at meets?
- ❖ They should be swimming 2-3 strokes/ distances per meet.
- ❖ Can the swimmer effectively communicate on an appropriate level with the coach?

