



# Nation's Capital Swim Club Alexandria

## J&M Swim

### Age Group 2



**Age Group 2:** Swimmers Age 9-11

**Frequency:** 1, 2, and 3 day team options\*

**Locations:**

Lee District

Mon/Wed OR Tue/Thur 5:00 PM-6:00 PM

Mon/Wed/Fri 4:30-6:00 AM\*\* w/ Coach Approval

George Washington

Tue/Thur 7:00- 8:00 PM OR Mon/Wed 5:15-6:15 PM

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

**Required Equipment:**

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

**Concepts & Areas of Focus**

- ❖ 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

**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.

<b>Fees:</b>	Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
1 Day Team	\$1,995	\$1,820	\$266.83
2 Day Team	\$2625	\$2,450	\$351.10

- ➔ If your swimmer is 11 on or before 12/31/23, refer to AG3 pricing.
- ➔ \$600 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

\*Please note: 1 day team option is only available at MV or GW



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#### Meets:

Swimmers in AG2 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
- ❖ 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?

