

Parents' Meeting  
Patch Library  
03 October 2019  
1730-1900

1. The Parent Liaison opened the meeting by touching on reason behind the meeting: to touch base with families, give them a chance to connect with the head coach, and share some updates and important information about the team
2. Coach Michi introduced Coach Sam who gave a talk about supercompensation
  - a. Training involves the improvement of technique, conditioning, and psychological and physical health
  - b. Supercompensation describes the way in which the body adjusts to the demands put on it to end with a higher performance than was possible at the beginning of training
  - c. There is a training schedule in place that is designed to help swimmers peak during championships
  - d. Each practice is an important part of this plan
  - e. Therefore, regular attendance is **imperative**
  - f. When a swimmer misses practice, they lose ground
  - g. Also important to be on time! Don't miss the warm up set. **Practice starts at 5:30 AM!**
  - h. If missing a practice, consider dryland options to reduce effects of detraining; see below.
3. Coach Michi introduced some additional resources
  - a. There are written 'DRYLAND' exercise programs
  - b. These will be posted on TU
  - c. Of note, dryland is also provided before and/or during practices at the LEAD Coach discretion.
  - d. A nutrition guide has also been developed by the team's nutritionist, Valerie. This will be posted on TU as well.
4. Coach Michi talked about how meet events are chosen for swimmers
  - a. Swimmers select 3 events through TU. The swimmer **must** note on TU which event is priority.
  - b. The one priority event indicated by the swimmer will NOT be modified.
  - c. The Head Coach and Statistician may modify the other two events based upon the Lead Coach feedback and recommendations.
  - d. Coaches may change any event in order to:
    - a. Encourage a swimmer to swim outside their comfort zone
    - b. Encourage a swimmer to try events that s/he would not typically choose on their own.
    - c. All swimmers will swim each event at least once during the season

- e. Coach Michi also talked about relays
  - a. Relays are chosen by best time.
  - b. Relays are chosen based upon the needs of the Team
- f. REMINDER: If there are two meets on the same weekend (i.e Sigonella and Shape/NATO), the swimmer MUST declare one event and be sure to decline the other.

5. Coach Michi talked about upcoming important meets

- a. Dual Meet:
  - a. A chance to see how we do at Divisionals!
  - b. Our chance to go up against the largest team in the EFSL
  - c. Attendance is highly highly encouraged!!
- b. Divisionals
  - a. Will be in Berlin
  - b. This is the “coach’s chance to win”!
- c. Long Distance Time Trials:
  - a. Coach Michi and Coach Sam are long distance swimmers and they know that all our swimmers are capable of a long distance event
  - b. Also note that long distance QT’s are more lenient.
  - c. Planned schedule of events:
    - 1. Maichingen Coaches - Tori & Cindy Tu, Wed, TH for any swimmer who is not participating in LDTT
    - 2. Sindelfingen Coaches- Michi, Josh, Nick, and Ken
      - a. Tuesday, 22 October: 800 Free (with 400m split)
      - b. Wednesday, 23 October: 400 Free (12 & under) & 400 IM (10 & older)
      - c. Thursday, 24 October: 1500 Free (with 800m split)

6. Coach Michi provided a red team update

- a. For the time being, Coach Michi will be working with the red team along with Coach Tori.

7. Schedule updates: Friday’s at Sindelfingen to promote Team Unity; also will give younger swimmers a chance to get used to the 50m pool

8. Coach Michi spoke about the team boxes; these are the black boxes that can be seen at practice outside of the pool area

- a. Every swimmer has a folder
- b. Can be used for communication, where they keep ribbons from meets, etc
- c. For GOLD A,B,C, this is also where they can deposit goal sheets for discussion with the coaching staff/captains (see below)

9. Goal sheets and assessments

- a. GOLD A, B, and C has a weekly assessment form that can be completed at home and then brought to practice. A copy of this form will be sent out via email soon and then also posted on TU
- b. Form for BLACK group being developed During practice before a meet,
- c. Coach Michi has been talking with the RED group about goals and making a poster to help the swimmers think about their goals for the meet
- d. Coach Michi also spoke about the individual swimmer analysis, which will be provided on a quarterly basis (before LDC, Before Divisionals, Before Champs)
- e. Monthly self checks not necessarily shared with coaches. This is to develop self-reflection and the mental aspect of being an athlete
- f. These documents will be uploaded to TU

10. Update on Saturday stroke clinics/additional dryland

- a. Has not been scheduled at this point

11. Courtney reviewed a number of additional odds and ends of interest to the team

- a. Thanks to everyone for helping to make the home meet a success
- b. To those swimming at SHAPE/NATO; security form due to the registrar (Colleen Brown) NLT 03 October 2019
- c. Reminder that, if you are swimming at an away meet, to be sure to allow extra time to get onto the facility; there can sometimes be a backup at the gate
- d. Checkin/reminder about Team Unify
  - a. Make sure that you are marking your preferences for meet events, including indicating your top choice of event in the notes
  - b. Be sure to have a second phone number in TU
  - c. If you KNOW you will or will not attend a meet, RSVP in TU
  - d. Don't forget to read meet announcements! Lots of great information there
  - e. On Deck doesn't provide real-time results at meets; however, they are posted on Meet Mobile
- e. We need volunteers for the Long Distance Time Trials to make this work! Lap counters, timers!
- f. Volunteer Hours Reminder/Opportunity for Questions
  - a. Reminder of requirement: 50 hrs
  - b. Shoot for 10 hrs/month
  - c. You're all getting an hour for attending today!
  - d. Krishna sent out an email detailing how to check on your hours within TU
  - e. LOTS of opportunities to volunteer for upcoming weeks
    - 1. Either at the meet or spirit snacks
- g. Miscellaneous
  - a. Reminder to swimmers not to exit pools until directed by official
  - b. Acknowledge changing groups/pools may have affected car pools; encourage people to get in touch with me if they are still having

issues identifying a car pool and I can try to connect them with someone

Meeting adjourned: 6:45 PM