

## **Junior Development 2 Group Information: 2021-2022**

### 1. Contact Info:

Lead JD2 Coach Jan Bunch – [coachjan@swimhsa.org](mailto:coachjan@swimhsa.org)

### 2. What to expect in Junior Development 2:

- a. JD2 is a year-round swim team training group for ages 11 to 14.
- b. Every practice counts.
- c. We work to improve skills and technique for all strokes, starts, turns, and learning to read the clock.
- d. Encouragement and sportsmanship from teammates are a must to help us all improve as we train together as a group.
- e. JD2 currently offers six workouts each week, and has no attendance requirements. The no attendance requirement works well for athletes who choose to participate in other activities outside of swimming.
- f. Consistency equals Improvement
- g. JD2 has 15 minutes of dry-land training each practice before swimming. Wear running shoes to workout daily and appropriate shorts and shirts over suit.

### 3. Swimmer expectations and goals:

- a. Practice great sportsmanship. Do your best every day. Listen to your coach. Be positive. No inappropriate language.
- b. Have goals that are realistic. It's hard to get where you want to be without a plan. Coach Jan will be working with you and your goals to better reach your expectations.

### 4. Equipment (bring daily):

- a. Water bottle, TYR fins, swim snorkel, Jr. size pull buoy, Jr. size kick board, hand paddles, running shoes, a spare pair of goggles, and a mesh bag for the equipment. HSA or plain non logo swim caps required if you have long hair, and preferably even with short hair.
- b. Swimmer's name must be on all equipment with a Sharpie marker.

### 5. Meet participation:

- a. Specific to each swimmer's personal goals. Meet participation is highly encouraged.
- b. All swimmers who qualify for a meet should make every attempt to attend the meet. You have earned the opportunity so take it!

- c. All swimmers attend team warm-up if you are swimming in a meet. If you have questions, ask your coach.
  - d. Take ownership of your swimming. See your coach before your event to tell them what you intend to do during your race to advance towards your goal. See your coach after your event and give a self-evaluation of the race and to get helpful feedback.
  - e. Challenge yourself by swimming different events. Go to USA Swimming website and become familiar with IMX events. Try to complete your IMX events each season.
  - f. Stepping stones to your goals are achieved during meets.
6. Set yourself up for success with great practice attendance, effort and attitude! Learn to swim fast tired and learn to exceed your physical and mental energy in the moment.
7. Wear your HSA team gear to meets. (Not random fashion.) Each swimmer will receive two HSA T-shirts and an HSA cap. Encourage teammates.
8. Do not self-taper. Coaches will back off when needed for appropriate meets.
9. See the HSA website calendar or OnDeck app under JD2 for practice times and days.
10. Read the Athlete Code of Conduct under the Athlete tab of website.

**Parents:** Read the parent information under the parent tab of HSA website. Go to Documents and click “Financial Document” for information regarding swim dues and fees, and HSA fundraising obligations.

11. Our upcoming swim meets are posted on the HSA website or OnDeck app. Please decide which meets you will be attending and go to each meet and check “attend or decline” before the deadline. If you choose attend, you may choose your events, but your coach will check your events and may make changes. Please leave notes in the message section for special instructions to the coach (example: he or she will not be swimming on Sunday.)

HSA is part of USA Swimming, so visit their website for additional information. All swimmers' times from sanctioned swim meets are listed in USA Swimming. Look up IMX events on USA swimming. We encourage swimmers to complete IMX events.

I look forward to coaching and working with you this swim season!

Coach Jan Bunch

