



Senior and National Winter Meeting-January

Senior and National Info Packet

Questions for Swimmers

What are your goals for the high school season?

Your goals should be the start of your roadmap for the spring. How will you achieve your goals?

Small consistent actions

“How do you eat an elephant? One bite at a time.” -Unknown

Comfort vs. Growth

“If you do what is easy, life will be hard. If you do what is hard, life will be easy.” Les Brown

Academics and Swimming

“There is no such thing as time management; there is only self management” -Rory Vaden

It Takes a Village

Coaches

Ricky Silva, Ray Wieser

Nick Lillard, Logan Cherry

Jeff Greer, Steph Sit

Parent Support

Parents

Team Support

Volunteers and staff

Facilities

Rental Facilities and their staff

Communication

Our goal is to teach swimmers to communicate in a clear and timely fashion as well as advocate for themselves. We communicate to parents and swimmers in a variety of ways:

- 1-Announcements at practices
- 2-Weekly Email
- 3-Website and Posting (group page)
- 4-Group Me

**The Group Me is intended to get announcements out to swimmers (and families.) We prefer that the Senior and National swimmers communicate with the staff regarding attendance, participation at meets and events, etc.*

Website

We are working on an updated website and Team Management software system that will improve communication to swimmers and families. More info will be sent out in February.

Schedules

[Winter Schedule](#)

[Spring Schedule](#)

Feb-May

[Meet and Event Schedule](#)

**Senior swimmers can attend morning practices that are listed on the National Development schedule.*

[Pinnacle Fitness](#)

Swimmers in National are automatically enrolled in Pinnacle Fitness as part of their monthly dues.

Swimmers in Senior are able to sign up for Pinnacle. This is seasonal-the next season will be Feb-May. Swimmers MUST commit to the season if they wish to participate.

Swimmers in National and Senior are invited to a Pinnacle workout on Jan 19 (this is in addition to our normal schedule.) Swimmers MUST sign up on the link by the end of the day on Sat, Jan 17 to participate.

[Pinnacle Workout-Jan 19](#)

Meets and Events

Swimmers in National are expected to attend meets and team events that are listed on the schedule.

Swimmers in Senior are expected to attend at least two meets a season-but are highly encouraged to attend additional meets (and events.)

All team entered meets and events are typically listed on our website. Swimmers who are attending should commit. Swimmers who are not attending should decline. This allows Coach Ricky to plan staffing based on participation levels.

For any meets that swimmers enter directly (using Fastswims or similar) swimmers should commit as soon as possible to ensure that the event does not close (fill to capacity) as well as to allow for Coach Ricky to plan staff based on participation levels.

Jan 19	Movie Day	
Jan 19	Pinnacle Fitness Workout	
Jan 23	Blue and Black Meet	
Jan 24	Tri Meet at College of Marin	
Jan 25	VACA Meet	Optional-Sun only
Feb 7-8	Pacifica Meet	
Feb 21-22	DART Hosted Meet	
Feb 26-Mar 1	USA Sectionals	Must have Sectional times

High School and Club Swimming

High school swimming officially begins on Feb 9. Some schools will offer a pre-season-which is limited conditioning. Schools typically have an informational meeting for swimmers-please be sure to reach out to your coaches to get this information.

Swimmers have three options during the high school season. I will connect with each swimmer to help them navigate their spring plans.

Guidelines are listed below-however, each individual swimmer should meet with Coach Ricky to have plans specific to their season.

1-Train full time with DART.

Swimmers who do this option will typically swim mainly with DART and one day a week (as well as HS meets) with their high school team. The day that swimmers should attend high school practice is Tuesday. Swimmers may end up attending additional days due to rides, campus activities, etc.

2-High School Associate

Swimmers who do this option will typically train mainly with their high school. They will attend one day a week with DART. The day of the week should be communicated with Coach Ricky so that the swimmer maintains consistency.

3-Full Time High School

Swimmers will train full time with their high school during the high school season. We encourage these swimmers to return (swim, polo or both) once their high school season is over.

We will offer a high school stroke clinic week Feb 2-5 open to all swimmers (DART and High School.) Info is available [HERE](#).

Winter Performance Meet

All swimmers are encouraged to have a winter season ending meet prior to the spring. This should be one of the following if swimmers are able to attend.

Feb 7-8	Pacifica	Swimmers going full time HS
Feb 21-22	DART	All swimmers can/should attend
Feb 26-Mar 1	USA Sectionals	All swimmers with times.

**Swimmers who are not able to attend one of the meets listed above should connect with Coach Ricky about any other options.*

***We will be attending Far Westerns this spring. Any high school swimmers with qualifying times can attend.*

Time Standards-High School swimmers

[CIF Sections-San Joaquin](#)

[CIF Sections-North Coast](#)

[CIF State Championships](#)

[USA Sectionals](#)

[Far Westerns](#)

Additional Information

[Competitive Groups-DART Solano](#)

[Technique and Skills](#)

[Dryland Info](#)

[College Swimming](#)

[Swim Articles](#)

