

News for the New and a Review for the Veterans

This is a brief overview of the season strategy and what to enter at the Pumpkin meet.

We are in a new season and that means it is time to swim every event as soon as possible (ready or not) to either get rid of a NT (No Time) event or to get a new base time. A base time provides (both coach and swimmer) an opportunity to honestly evaluate the current state of mental and physical conditioning. Only when a swimmer gets out of their comfort zone does a coach see what is truly working and what needs to be worked on.

The team got a great start on collecting both the IMR and IMX events at our September meet.

IMR

10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

11-12year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

13- 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IMX

10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12year olds: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13-18-year olds: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

The second round of meets to get these times includes the ASC meet this weekend and the UT meet next weekend.

Unless a swimmer is very young or unless they were DQ'd, it is way too early in the season to be repeating an event from the previous meets at the Pumpkin meet.

Think of the Pumpkin meet as a friendly, home environment, workout meet. It is the best place to attempt the most challenging swims. The worst that will happen at this meet is that a swimmer will get a piece of candy after the event.

So for veteran swimmers, the number one goal of the Pumpkin meet is to complete the IMX series of events. The number one goal for new folks is to get rid of NTs (No Times) especially in the IMR events.

The team is pursuing this course of action to help swimmers learn and grow through facing challenges. Looking out for the long term, according to many college coaches, a swimmer should not be specializing in an event or distance until they are fully mature and headed off to college. Looking out for the short term, this course of action also lays the ground work for November, December and January meets. More and more meets will not allow NT entries. In addition, meet hosts are using qualifying times to limit meet entries.

Once the list of IMX and IMR events is completed at the Pumpkin meet it will be time to talk with your coach about the practice focus and meet entries for November and December that will give swimmers the best shot to collect the most number of B, BB, Stags, Sectional, etc. qualifying times for the championship meets that begin in January.

Coach Chris