

Rawlins Rebels Swim Team



"Rawlins Rebels: Fearless in the Depths!"

Swim Group Descriptions

Pups (Level One) **GREEN**

The athletes in the Pups Group will learn skills to achieve basic swimming independence to move to the next level. Learn-to-Swim athletes attend two, one-hour practices per week. Young athletes learn a tremendous amount of skills through play, so 10-15 minutes of each session is dedicated to free play in the leisure pool.

Skills Through a series of instruction, some structured play, and games, athletes will achieve the following skills to move to the Reef Shark Group:

- Be comfortable swimming unassisted in the diving well
- Tread water for 20 sec
- Change position from vertical to horizontal, both front and back
- Float on back in different positions (X, Y, I)
- Submerge and retrieve object from 3.5 foot deep
- Fully submerge head while performing bobs, exhaling
- Blow bubbles, slow and controlled, through nose and mouth
- Front and back glide from the wall and kick (2 different kicks)
- Dolphin kick, undulation, body dolphin
- Swim on back unassisted for 25yards
- Swim on stomach unassisted for 25 yards
- Demonstrate side breathing

Character, Confidence, Connection In addition to the physical skills achieved, athletes must also be able to:

- Follow instructions and participate in session activities for at least 45 minutes at a time
- Listen to recommendations from the coach and tries to make appropriate changes
- Understand the consequences of breaking rules
- Be responsible for respectful treatment of pool equipment
- Become more comfortable with the pool/swimming environment and culture
- Recognize that they are part of a team
- Demonstrate consideration for self and others in their learning and participation
- Know the names of the coach(es) and teammates in the same swimming group

Reef Shark (Level 2)

BLUE

The athletes in The Reef Shark Group will learn skills to achieve basic competence in all four competitive strokes and work to improve confidence at swim meets. The Reef Shark Group athletes are encouraged to attend 4, 45 minute practices per week. Swimmers will swim primarily 25 yards or more to practice the skills, drills, and small changes set forth by the coach.

Skills: The following are the achievements athletes must demonstrate to move to the Tiger Shark Group:

- Streamline from the wall and hold for 1.5 body lengths - front
- Streamline from the wall and hold for 1.5 body lengths - back
- Standing dive from the wall with control of depth
- Back start from the wall or back with control of depth
- Perform an open turn for freestyle
- Swim 50 meter legal free and back
- Perform an open turn for backstroke
- Begin developing whip kick
- 25 yard dolphin kick
- Know vocabulary for all 4 strokes
- Basic motor skills - dryland

Character, Confidence, Connection: In addition to the physical skills achieved, athletes must also be able to:

- Follow instructions and participate in session activities for at least 60 minutes at a time
- Listen to recommendations from the coach and tries to make appropriate changes
- Understand the consequences of breaking rules
- Understand they are part of a team and has respect for teammates
- Be responsible for respectful treatment of pool equipment
- Be on time and ready for practice with appropriate gear (suit, goggles, etc.)
- Become more comfortable with the pool/swimming environment and culture
- Say "No" to drugs and alcohol and other harmful substances
- Demonstrate consideration for self and others in their learning and participation
- Know the names of the coach(es) and teammates in the same swimming group
- Demonstrate "industry" or a sense of becoming capable of performing increasingly complex tasks (coachable)
- Understand and behaviorally demonstrate that others can teach them new things (willing to learn to things, learn new perspectives)
- Know the team colors, logo, begins to learn cheers
- Know the name of the training group directly above
- Behaviorally demonstrate and verbally communicate that participation in this activity is worth their time and effort

Tiger Shark (Level 3)

PURPLE

The athletes in the Tiger Shark Group will learn skills to achieve basic competence in all four competitive strokes and work to achieve their first WYSI qualifying time standard. The Tiger Shark Group athletes are encouraged to attend four practices that are one hour in length per week. Swimmers will swim primarily 25 yards or more to practice the skills, drills, and small changes set forth by the coach.

Skills: The following are the achievements athletes must demonstrate to move to The Great White Shark Group:

- Legal flip turn at the wall for freestyle and backstroke
- 100 yard kick and/or drill
- Understand and follow lane etiquette (starting 5 sec apart, circle swimming)
- Racing starts & finishes
- Continuous 5 minute swim or vertical kick
- Perform an open turn for short-axis strokes - 2-hand touch
- Interval training using the clock, assisted
- Legal 100 of each stroke
- Legal 200 IM
- Relay starts
- Dryland: athletic movements and flexibility

Character, Confidence, Connection: In addition to the physical skills achieved, athletes must also be able to:

- Follow instructions and participate in session activities for at least 60 minutes at a time
- Listen to recommendations from the coach and tries to make appropriate changes
- Understand the consequences of breaking rules
- Understand they are part of a team and has respect for teammates
- Be responsible for respectful treatment of pool equipment
- Be on time and ready for practice with appropriate gear (suit, goggles, etc.)
- Become more comfortable with the pool/swimming environment and culture
- Say "No" to drugs and alcohol and other harmful substances
- Demonstrate consideration for self and others in their learning and participation
- Know the names of the coach(es) and teammates in the same swimming group
- Demonstrate "industry" or a sense of becoming capable of performing increasingly complex tasks (coachable)
- Understand and behaviorally demonstrate that others can teach them new things (willing to learn to things, learn new perspectives)
- Know the team colors, logo, begins to learn cheers
- Know the name of the training group directly above
- Behaviorally demonstrate and verbally communicate that participation in this activity is worth their time and effort
- Swim the entire set (does not walk on bottom or pull on lane ropes, counts accurately)

Great White Shark (Level 4)

YELLOW

The athletes in the Great White Shark Group will learn skills to achieve basic competence in all four competitive strokes and work to achieve three or more WYSI qualifying time standards. The Great White Shark Group athletes are encouraged to practice at least four times, for one and one half hour per week. Swimmers will swim primarily 25 yards or more and practice the skills, drills, and other types of sets to practice what the coach instructs.

Skills: The following are the achievements athletes will work to demonstrate:

- Legal 200 of each stroke
- Legal 400 IM
- Race pace knowledge
- Perform Threshold sets 1 time per week
- Performs Relay exchange with advance technique
- Prescribed breathing (practices and competition)
- Athlete knows own personal best times
- Dryland: athletic movements and flexibility
- Athlete can monitor heart rate
- Nutrition: shopping on a budget
- Athlete knows difference between practice times and racing times

Character, Confidence, Connection: In addition to the physical skills achieved, athletes must also be able to:

- Follow instructions and participate in session activities for at least 60 minutes at a time
- Listen to recommendations from the coach and tries to make appropriate changes
- Understand the consequences of breaking rules
- Understand they are part of a team and has respect for teammates
- Be responsible for respectful treatment of pool equipment
- Be on time and ready for practice with appropriate gear (suit, goggles, etc.)
- Say "No" to drugs and alcohol and other harmful substances
- Demonstrate "industry" or a sense of becoming capable of performing increasingly complex tasks (coachable)
- Understand and behaviorally demonstrate that others can teach them new things (willing to learn to things, learn new perspectives)
- Know the team colors, logo, lead team in cheers
- Know the name of the training group directly above
- Behaviorally demonstrate and verbally communicate that participation in this activity is worth their time and effort
- Swim the entire set (does not walk on bottom or pull on lane ropes, counts accurately)
- Recognize that anxiety can negatively affect mind and body
- Know techniques to control mind (positive self-talk and imagery) and body (deep breathing, progressive muscle relaxation)
- Know at least one technique for handling negative self-talk
- Understand the importance of imagery in enhancing performance
- Know the principles behind effective imagery practice
- Perform basic visualization skills
- Quickly return concentration focus in practice and in meets from uncontrollables to appropriate focus
- Regularly visit, and if need be, re-evaluate goals
- Demonstrate an understanding of the individual zones of optimal functioning (IZOF) concept
- Identify their own optimal zone of performance both in practice and competition
- Understand personal signs of under- or over-excitement
- Be skilled in two or more techniques to control excitement/nervousness
- Realize that positive comments help reduce stress, build confidence, and can increase the enjoyment of competition and practice
- Understand the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport
- Visualize a race from start to finish; control the image so vision matches actual performance
- Develop a pre-race ritual or routine

Great White Shark Group continued...

- Demonstrate a higher level of sportsmanship-championship behavior; respect competitors and gets along with friends regardless of ability level
- Know qualifying standards for highest level competitions
- Attend the recommended meets and understand the importance of being on time for meet warm-ups
- Meet the established attendance requirements
- Challenge themselves to perform to the utmost of his or her ability in practice
- Demonstrate an ability to balance school and outside activities
- Knowledge of required times to qualify for finals
- Not influenced by the negative behavior of their teammates
- Understand and take responsibility for attendance performance, and habits in practice and how these three relate to meet performance
- Understand the traits of a positive leader and endeavors to become one
- Understand the relationship between relaxation and performance
- Know the three levels of nervousness (too little, just right, too much)
- Have a clear awareness of personal stressors (uncontrollables)
- Perform progressive muscle relaxation
- Develop race focal points for concentration
Have a long-range goal within the sport
- Develop short-term and intermediate goals that ultimately tie into long-range goals
- Understand the effect of posture and actions on emotions
- Perform diaphragmatic breathing as relaxation technique
- Understand that stress comes from negative self-talk and faulty focus of concentration
- Understand the concept of uncontrollables as a major source of stress
- Accept criticism from the coach
- Understand that criticism is a critique of skills not a critique of an individual
- Understand the benefits of and uses positive self-talk and affirmations
- Closely monitor negative self-talk
- Understand the importance of concentration in practice and meets and can regularly recognize a faulty focus and bring self back to a proper focus
- Understand the value of setting process and outcome goals for both practice and meets
- Know best times for practice and meets
- Set and write process and outcome goals
- Can combine self-talk and slow breathing for peak performance management