

Greenfield Community Aquatic Team

-Group Expectations-

Cheetahs:

Technique:

- Perform underwater streamline glide no kick for 2 body lengths past flags, and with kick for 25 yards. Should be able to adjust depth in underwater streamline and perform these skills from a dive off the block and from a push-off.
- Demonstrate proper aquatic posture on deck, in standing and laying down (front and back) positions, and in the water (kickboard drills).
- Become proficient at balancing body on front, side and back with a very light kick, with head/neck in line with spine, arms at side, as well as with arms extended in front. (streamline)
- Work toward becoming more efficient in the 4 competitive strokes.--> lower stroke counts. Maintaining technique for longer distances.
- Be proficient at the high elbow catch phase of all strokes.
- Understand the relationship between distance per stroke, stroke rate, and swimming speed.
- Understand several ways to create propulsion and decrease resistance in order to get faster.
- Use bilateral breathing patterns for freestyle
- Know all sculling drills. Understand how they help.
- Demonstrate fast, efficient turns in all four strokes, and perform at every wall.
- Demonstrate fast, efficient finishes in all four strokes, and perform for every finish.

Practice Performance:

- Attend a minimum of 90% of offered practices.
- Complete a legal 400 IM.
- Know all swimming terms provided by coach.
- Know all drills for all strokes, provided by coach.
- Expected do all turns and finishes correctly at each wall.
- Be able to use pace clock completely on own.
- Continually improve on a challenging schedule of anaerobic and aerobic/anaerobic mix test sets.
- Continually improve on dryland exercise sets.
- Get own times off pace clock and have time goals on all sets.
- Learn how to make own workout



Competitions:

- Swim in all coach recommended competitions on the meet schedule.
- Throughout the season, swim every event offered in their age group.
- Know best times and goal times for all events.
- Know what divisional and state cuts they are close to – Know the times cuts for these events.
- Make Divisional and/or State cuts

Physiology:

- Understand and accept the individual differences in physical size within an age group and how it relates to improvement rates during growth periods.
- Understand the differences between aerobic and anaerobic workouts.
- Understand the basic concepts of the different energy systems used in sprinting and distance swimming.
- Measure heart rates regularly to monitor exercise intensity and recovery.
- Understand the concept of a balanced diet and the basic fuels used during swimming training.

Character/Life Skills:

- Learn how to push oneself to their highest effort consistently during practice.
- Not be influenced by any negative behavior of their teammates/competitors.
- Take responsibility for their attendance, performance, and practice habits and understand how these three relate to meet performance.
- Continuously motivate and encourage teammates.
- Show respect for all coaches, teammates, and parents.
- Behave properly in the locker rooms.
- Know the names of all teammates in group, and other practice groups, and know the names of all other practice groups.
- Know all coaches.
- Take interest in other teammates and their success.
- Show leadership for all other groups.

Mental Training:

- Know the techniques to control mind (positive self-talk, imagery) and body (deep breathing, progressive muscle relaxation).
- Understand that stress comes from negative self-talk, faulty focus of concentration.
- Quickly return concentration focus in practice/meets from "uncontrollables" to good focus.
- Develop pre-race routines and race focal points for concentration.
- Understand short and long term goals.
- Understand the value of setting goals to improve performance.



Requirements:

- Jaguar coach discretion
- Attend 80% of practices in Jaguars
- Know all best times and goal times
- Be able to read the pace clock during workout
- 10 x 100 Free @ 1:30
- 10 x 100 IM @ 2:00
- 4 Divisional cuts

