

Greenfield Community Aquatic Team

-Group Expectations-

Wildcats:

Technique:

- Perform underwater streamline glide no kick for 1 body length past flags, and with kick half-way. Should be able to adjust depth in underwater streamline. Perform these skills from a dive off the block, or the edge of pool deck, and from a push-off.
- Demonstrate proper aquatic posture on deck, in standing and laying down (front and back) positions.
- Become proficient at balancing body on front, side and back, with head/neck in line with spine, arms at side, as well as with arms extended in front.
- Work toward becoming more efficient in the 4 competitive strokes; lower stroke counts.
- Begin to understand the feel of and work on the high elbow catch phase of all strokes.
- Develop bilateral breathing patterns for freestyle
- Count own strokes for lengths of the pool in all 4 strokes.
- Be able to breath correctly for each stroke – every 3 for freestyle and every 2 for butterfly.
- Demonstrate legal and efficient turns in all four strokes, and perform at every wall.
- Demonstrate legal and efficient finishes in all four strokes, and perform for every finish.

Practice Performance:

- Attend a minimum of 70% of offered practices.
- Begin to understand how to use the pace clock.
- Perform more challenging sets.
- Should be able to keep track of # of reps, sets, and distance
- Complete a legal 200 IM.
- Understand how to read a workout.
- Understand a set based on listening.
- Know at least 2 drills for each stroke.
- Expected to do the correct turn and finish at all walls.

Competitions:

- Swim in at least 2 competitions per season.



- Swim a good variety of events at the meets, as expected by coach.
- Understand what divisional and state cut times are.

Physiology:

- Understand the basic relationship between nutrition and energy level.

Character/Life Skills:

- Become great at listening to the coach and following directions correctly.
- Have a positive attitude, and understand what this means.
- Understand that their own positive attitude can affect not only their own practice/meet performance but also that of their teammates.
- Show respect for all coaches, teammates, and parents.
- Behave properly in the locker rooms.
- Know the names of all teammates in group, some of teammates in other practice groups, and know the names of all practice groups
- Know all coaches.
- Demonstrate team pride by supporting and cheering on teammates.

Mental Training:

- Understand the relationship between nervousness and performance, (negative thoughts and tight muscles equal poor performance).
- Understand and practice the difference between tense and relaxed muscles.
- Understand the idea of failure and learning from mistakes as being a necessary part of success.
- Practice how to keep focus during practices and meets.

Requirements:

- Puma & Wildcat coach discretion
- Attend 60% of practices in Pumas
- 200 Freestyle with correct turns
- 100 Backstroke
- 50 Butterfly
- 50 Breaststroke
- 100 IM

