

GOLD TEAM TRAINING SCHEDULE

Starting March 1st, 2025			Skill Requirements			Expectations				
Day of the Week	Practice Times	Workout Type	Minimum Distance:	Minimum Knowledge:	Training Attendance:	Competition:				
MONDAYS	5:30 pm to 7:00 pm 7:00 pm to 8:00 pm	SWIM DRYLAND	8 x 100 FR @ 1:50 Must be able to swim 100 of all strokes	Know ALL their personal times (practice and meets) Meticulous swimming Perfect understanding of internal pacing Swim meet etiquette	Swimmers in this group are expected to attend every training practice on the schedule. Absences MUST be notified to the head coach via Email, Text, or phone call with knowledge of communication by the swimmer's parents.	GOLD Team Swimmers are expected to attend every swim meet on the calendar marked for GOLD Team				
TUESDAYS	5:30 pm to 7:00 pm 7:00 pm to 8:00 pm	SWIM DRYLAND	10 & Under State Cuts	The coach will select all meet entries with input from the swimmer.			<u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u>			
WEDNESDAY	5:30 pm to 7:00 pm 7:00 pm to 8:00 pm	SWIM DRYLAND								
THURSDAY	OFF		EDUCATION							
FRIDAY	5:30 pm to 7:00 pm 7:00 pm to 8:00 pm	SWIM DRYLAND	Training: Technical Skills for All Strokes Detail Oriented Training Game planning for events Underwater explosive training VO2 max training (Mid/Dist) Sprint precision training Distance precision training Practices oriented to specialty events for each individual stroke and IM Strength & Conditioning Training <u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u> Competition: Enjoyment Increase knowledge of events Energy Endurance Efficiency throughout the swim meet <u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u> Nutrition Training: During training months For competition taper moments Knowledge of nutrients and where we can get them from Stress Management:	Time Management: Organizing School and Training time in order to keep up the good grades and attending practices to have the best possibilities to improve at the season's end Optimizing time for the priorities in each swimmer's life which also includes the athlete's social life Mental Training: The Utilization of Goal Setting Believing in Oneself Overcoming Failure Hard Work Mentality Focus Mentality <u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u> Emotional Training: Controlling emotions & utilizing feelings to help performances, & overcoming failures Understanding life through the sport: its successes, failures, training, desires, etc	Personal: Respect Responsibility Discipline Determination Desire (+ Attitude) Leadership Organization Focus Humility	Character Development	Social: Communication Teamwork Empathy Friendship Learning how to follow Learning how to lead Online Behavior Respect for one another Respect for others belongings <u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u>			
SATURDAY	7:00 am to 9:00 am	SWIM								
GOLD TEAM: The Gold Team is the Last of our Age Group programs. Swimmers in this group are generally 9 - 15 years Old. They must attend all swim meets in the calendar marked for the Gold Team. At this point we expect our swimmers to enjoy the sport of swimming for its competitive intensity and desire to become faster. We expect our Gold swimmers to be able to communicate with the coaches during practice and not be intimidated to ask questions and communicate with coaches and officials. Throughout all the groups, we want the swimmers to develop the confidence to be able to ask questions about their swimming, training, etc. This will translate to how they go and find answers anywhere.										