

GOLD TEAM TRAINING SCHEDULE

STARTING MARCH 1st, 2025

SKILL REQUIREMENTS

EXPECTATIONS

Day of the Week Practice Times Workout Type

MONDAYS 6:30 pm to 8:00 pm SWIM

TUESDAYS 5:30 pm to 6:30 pm DRYLAND
6:30 pm to 8:00 pm SWIM

WEDNESDAY 5:30 pm to 6:30 pm DRYLAND
6:30 pm to 8:00 pm SWIM

THURSDAY OFF

FRIDAY 5:30 pm to 6:30 pm DRYLAND
6:30 pm to 8:00 pm SWIM

SATURDAY 7:00 am to 9:00 am SWIM

Minimum Distance:

8 x 100 FR @ 1:50

Must be able to swim 100 of all strokes

10 & Under State Cuts

Minimum Knowledge:

Know ALL their personal times (practice and meets)

Meticulous swimming

Perfect understanding of internal pacing

Swim meet etiquette

Training Attendance:

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.

Competition:

GOLD GROUP Swimmers are expected to attend every swim meet on the calendar marked for GOLD Group

The coach will select all meet entries with input from the swimmer.

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EDUCATION

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

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Competition:

Enjoyment

Increase knowledge of events

Energy Endurance Efficiency throughout the swim meet

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Nutrition Training:

During training months

For competition taper moments

Knowledge of nutrients and where we can get them from

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

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Emotional Training:

Controlling emotions & utilizing feelings to help performances, & overcoming failures

Understanding life through the sport: its successes, failures, training, desires, etc

Character Development

Personal:

Respect

Responsibility

Discipline

Determination

Desire

(+) Attitude

Leadership

Organization

Focus

Humility

Social:

Communication

Teamwork

Empathy

Friendship

Learning how to follow

Learning how to lead

Online Behavior

Respect for one another

Respect for others belongings

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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.

Stress Management:

Being very committed to improving in the water yet we still want the athletes in this group to enjoy the sport and love it because this is a sport for life

Being able to maintain a high level of training with the expectations of keeping good grades in school