

# Practice Schedule 2016-2017

<b>Riverfront YMCA</b>	<b>University of Akron</b>
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Group	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
Beginner		<b>RY</b> 5:00-6:00		<b>RY</b> 5:00-6:00	<b>UA</b> 6:00-7:00		<b>UA</b> 1:00-2:00
Age Group 1		<b>UA</b> 6:00-7:30	<b>UA</b> 6:00-7:30	<b>RY</b> 6:00-7:00	<b>UA</b> 6:00-7:30		<b>RY</b> 12:15-1:15
Age Group 2		<b>UA</b> 6:00-7:30	<b>RY</b> 6:00-7:00	<b>RY</b> 6:00-7:00	<b>UA</b> 6:00-7:30		<b>UA</b> 12:30-2:00
Age Group 3	<b>UA</b> 6-6:30 dryland 6:30-8:00 swim		<b>RY</b> 6:00-7:00	<b>UA</b> 6-6:30 dryland 6:30-8:00 swim	<b>UA</b> 6-6:30 dryland 6:30-7:30 swim		<b>UA</b> 12:30-2:00
Junior	<b>UA</b> 6:00-8:00 swim	<b>UA</b> 6:00-7:30 swim 7:30-8:00 dryland	<b>UA</b> 5:30-6:00 dryland 6:00-8:00 swim	<b>UA</b> 6:00-8:00 swim			<b>RY</b> 12:15-1:15 dryland 1:15-2:15 Swim
Senior	<b>UA</b> 5:30-6:00 dryland 6:00-8:00 swim	<b>UA</b> 6:00-8:00 swim	<b>UA</b> 5:30-6:00 dryland 6:00-8:00 swim	<b>UA</b> 5:30-6:00 dryland 6:00-8:00 swim	<b>UA</b> 6:00-7:30		<b>RY</b> 12:15-1:15 dryland 1:15-2:15 Swim

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# Facilities

Facility	Abbreviation	Address	Special Notes
Riverfront YMCA	RY	544 Broad Boulevard Cuyahoga Falls, OH 44221	<ul style="list-style-type: none"><li>• Present pass at front desk</li><li>• No parents on deck (no exceptions)</li></ul>
University of Akron	UA	Ocasek Natatorium 402 Carroll Street, Akron, Ohio, 44325	<ul style="list-style-type: none"><li>• Show parking pass in windshield</li><li>• Get drop off parking pass from coach</li><li>• Identify yourselves as Tigershark swimmers/parents to front desk upon entering</li><li>• Location of CFYN Invitationals &amp; Dual Meets</li></ul>

## CFYN Group Description

### SENIOR

The senior group is for strongest swimmers. There will be a heavy emphasis on training while continuing to develop and refine stroke mechanics and skills. At the senior level, the training will be more event specific, with more emphasis on race pace training. Swimmers are expected to attend four practices per week and strongly encouraged to attend five practices.

### JUNIOR

Junior group is for swimmers who have mastered the main fundamentals of each stroke and are physically and also mentally prepared for harder training. In this group, swimmers will be instructed on advanced stroke mechanics and skills as well as more in depth race strategies and tactics. Training will become harder and be more of an emphasis in this group, with some drill and stroke refining. There will also be a focus on aerobic capacity and individual medley proficiency. It is strongly encouraged that swimmers attend four practices per week in the Junior group.

### AGE GROUP 1 – 3

The Age Group level is for swimmers that are proficient in all strokes, starts, and turns. These groups will place the emphasis on stroke development and learning in this group, with some aerobic individual medley work as swimmers progress from Level 1 through 3. Skills and drills will be worked on at all practices and swimmers will begin to be thought about basic racing strategies. At Age Group 3 swimmers will begin dryland training activities. It is strongly encouraged that swimmers attend at least three practices per week in the Age Group level.

### BEGINNERS

Swimmers who have taken swim lessons or were members of a recreational team. In the Beginner group, swimmers will learn the skills necessary for success in competitive swimming in a fun and supportive environment. Swimmers only need to be able to swim one length of the pool of freestyle and backstroke and be able to float on front and back to be placed in the Beginner group. The

coaches will teach all four strokes, starts, and turns. Swimmers will also be educated on the rules and etiquette of swim meets and practices. Fun and games will also be incorporated into practices to keep young swimmers interested and engaged.

## **CFYN Group Advancement Policy**

Group moves are always a hot topic of conversation. Who is moving up? Who is staying where they are and why? We want everyone to know the coaches sit down and discuss each swimmer in our program and what we feel is in their best interest.

We look at several factors when considering moving a swimmer up to the next training level. *We first look at the level of commitment the swimmer has had to the group they are currently training in. Do they make the recommended weekly attendance? When they are at practice do they work hard on a consistent basis? Do they try to go first in their lane or do they always go to the end of the lane and go through the motions? Can they handle all the work their current training level is doing? When the practices get to be challenging are they sitting out, fixing their goggles or going to the restroom to get out of working hard? Do they need more work on their stroke technique?* Some swimmers can easily handle specific practices in their best strokes. We have to look at whether they can make the work in all four strokes plus kicking. If a swimmer can easily make the training sets in freestyle but have a hard time making the intervals in the other strokes and have a hard time making the kicking sets we are most likely going to leave the swimmer in the group they are currently in. We would rather have a swimmer in a group where they can be a leader in their lane, get plenty of rest between repeats and continue to develop their strokes so when it is time to make group moves at the end of that season there is no doubt they are ready for the transition in to the next level.

It is our job to place swimmers in the appropriate training level based on what they can handle not where their friends are. We have seen a great deal of success in this sport with swimmers who have been placed in groups differently than their friends. They become much more focused on working hard, developing their skills, and becoming great leaders. It never seems like it at the time but in many cases the swimmer that stays in the lower group tends to benefit more than those who move up. We know that we can't make everyone happy and there will always be some swimmers and parents who will be disappointed with their group placement.

### **Factors that weigh into group placement and group move-up decisions:**

The following is criteria the CFYN Coaching Staff uses when determining which swimmers are ready for more. Generally, swimmers can tell when they are about ready for a move by thinking about how they practice. A swimmer, who **consistently** leads the fastest lane in practice, **consistently** uses good technique, **consistently** demonstrates an outstanding attitude, and **consistently** attends practice, is someone the coaches will be looking at to move to a higher training level. On the other hand, if a swimmer has a poor attitude, low attendance, and is not

swimming in the fastest lane of the current group or has difficulty handling the training requirements of that group, moving that particular swimmer would not be in the best interest of the team or that individual.

- Level of commitment to practice attendance and competition expectations
- Technical readiness (check technical requirements for advancement below)
- Training group effort and behavior
- Psychological readiness
- Physiological needs and readiness
- Competitive maturity
- Independence and self-reliance
- Age
- Conducting group advancement in this way ensures that coaches are able to observe a swimmer's efforts and conduct throughout practice sessions in order to determine the best group placement for personal and team achievement.

#### **TECHNICAL REQUIREMENTS FOR ADVANCEMENT**

- Swimmers **MUST** achieve **ALL** of the technical requirements stated below in order to advance.
- Technical requirements for advancement will not be on a set schedule, but will be administered throughout the entire year without specific notice or makeups
- Coaches have the final say in all group advancements.

##### **BEGINNER TO AGE GRPUP 1:**

Swim 100 Free/Back continuous  
Kick 50 Flutter with and without kick board  
Complete 25 Breaststroke OR 25 Fly legally in practice or meet  
Understand basic swimming language (50, 200, IM, etc.)  
Display increased endurance while swimming

##### **AGE GROUP 1 TO AGE GROUP 2:**

Swim 200 Free/Back continuous with flip turns  
Complete 50 Breaststroke AND 50 Fly legally in practice or meet  
Dive from Blocks  
Execute legal Backstroke and Free flip turns  
Understand basic swimming language (50, 200, IM, etc.)  
Swim 4 x 100 Free without stopping on coach's sendoff

##### **AGE GROUP 2 TO AGE GROUP 3:**

Execute proper turns for all strokes  
Execute a pull out for Breaststroke breakout  
Execute 100 IM legally in practice or meet  
Have legal times in 25'S and/or 50's for all strokes (50 Fly, 50 Back, 50 Breast and 50 Free)  
Complete 6 x 100 Free on 1:55  
Complete 4 x 100 Kick on 2:20

**AGE GROUP 3 TO JUNIOR:**

Be able to read the pace clock and compute sendoffs

Have legal times in 50's for all strokes and two 100's in any stroke (NOT Freestyle)

Have legal time in 100 IM

Complete 8 x 100 Free on 1:50

Complete 4 x 100 Kick on 2:05

**JUNIOR TO SENIOR:**

Have legal times in 100's for all strokes and one 200 in any stroke (NOT Freestyle)

Have legal time in 100 IM and/or 200 IM

Complete 10 x 100 Free on 1:40

Complete 6 x 100 Kick on 2:10

Complete 4x100 IM on 1:55

Updated: August 2, 2016