

Black Group – this group is the Southeastern-to-Senior “bridge” Group. The mission of this group is to build fundamentally sound swimmers and equip swimmers with the knowledge to help them achieve their potential. The primary emphasis in this group is to introduce swimmers to the Senior Group training regimen while still improving/perfecting technique in all four strokes and expanding their introduction to aerobic conditioning.

Training Goals

Technique Goals

- Able to complete a legal 200 IM.
- Able to complete a legal 100 of each stroke.
- Consistently uses bi-lateral breathing in freestyle.
- Always executes breaststroke pull-downs.

Knowledge Goals

- Understands core strength and flexibility.
- Learns and uses positive mental attitude.
- Understands and uses pace clock.
- Understands how to hold a pace.
- Understands distance per stroke and executes drills to improve it.
- Understands splits, building, descending, and negative splitting.
- Sets practice goals, season and yearly goals.
- Knows the MTAC Stroke Drill Progressions.
- Knows Safety Rules.

Education Goals

Stress Management

- Controls emotions at practices and at meets.
- Prioritizes school work, social activities and other commitments including swimming.
- Balances school, home and extra curricular activities.
- Understands work versus reward relationship.
- Understands meet and practice performance.

Performance Goals

Training Goals

- Understands training sets.
- Able to apply technique suggestions/recommendations to training.

Competition Goals

- Competes in ‘mini-meets’ and dual meets.
- Competes in several USA Swimming meet per season.
- Competes in the appropriate championship meet, either District Championships or the Southeastern Championships.
- Athlete/coach communication and planning.
- Talks with coaches before and after swims.
- Completes proper warm up and warm down.

Character Development

Sportsmanship/Spirit Goals

- Respectful of meet officials.
- Understands lane etiquette.
- Congratulates teammates.
- Encourages teammates.
- Respectful of opponents and other teams.
- Congratulates opponents.
- Demonstrates proper meet behavior.
- Makes friends with swimmers of other teams.

Social Skills

- Communicates with coaches.
- Listens to coach, doesn't talk while coach is talking.
- Respectful of others' space in practice.
- Accepts criticism from a coach and understands they are critiquing the individual skill and not the individual person.
- Respectful of pools, locker rooms, team equipment and other swimmers' property.
- Understands and takes responsibility for attendance, performance and practice habits and how to relate these three to meet performance.

Team Commitment

- Wears team suit and cap at meets.
- Wears team t-shirt at meets.
- Cheers with and for teammates.
- Helps pick up pool deck.