

# CORE PRACTICE GROUPS

## 2010-2011 OVERVIEW

The guidelines in this packet are intended to guide members with respect to which practice group in which their swimmer should enroll. While a swimmer's age continues to be the most important criteria for practice session grouping, two other criteria are key components of practice group placement:

- an attendance commitment criterion
- an ability-based criterion

### **AGE:**

For purposes of satisfying the age-based criterion, a swimmer is eligible to be considered the age that the swimmer becomes at any point during the short course season. The exception to this is the Genesis practice group for which a swimmer must be 12 years old at the beginning of the short course season.

### **ATTENDANCE:**

For all practice groups, there is a minimum attendance requirement for practice and for meets. Meeting the minimum practice requirement will be a factor to ensure priority registration for the next winter short course season. Practice group attendance requirements are outlined in each of the group descriptions. Swimmer practice attendance is posted on the Maverick website throughout the season.

### **ABILITY:**

*Returning swimmers* who have questions about which practice group is the most appropriate should first review the coaches recommendations listed on the Maverick website. These recommendations designate the group in which you should register your returning Maverick swimmer(s). Those interested in registering for a practice group other than that recommended by the Maverick coaching staff should read about "Grouping Up" or "Grouping Down" in the next section.

- Questions about recommendations should be directed to the lead group coach who made the recommendation.

*All potential new swimmers*, including siblings of current Maverick swimmers and Mighty Mavs swimmers, must be evaluated by the Maverick coaching staff prior to registration. At that time, the Maverick coaches will make a recommendation as to which group in which a new swimmer should enroll. Potential new swimmers must enroll in the recommended practice group and follow the "Grouping Up" or "Grouping Down" instructions if they desire to be moved to a different practice group.

New swimmer evaluation will be held:

- Friday, July 9; 7:00-8:30pm—Metea Valley High School
- Monday, July 12; 6:00-8:00pm—Naperville North High School



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## 2010-2011 OVERVIEW (CONT)

### WHAT TO DO IF YOU WISH TO REGISTER FOR A GROUP OTHER THAN THE ONE RECOMMENDED:

#### *Grouping Up:*

- Swimmers wishing to register with a group higher than the group recommended by a lead coach of the Maverick Swim Club coaching staff must first register for the coach-recommended group and designate the registration for consideration to be moved.
- During the first 2 weeks of practice, any swimmer who is designated to be moved must demonstrate the ability to meet, or exceed, the desired group's attendance policy within the recommended group. Upon successful completion, the swimmer will be allowed a trial week in the desired group.
- A formal request for change in registration will be made at the end of the week if the swimmer and lead coach of the new group agree that the swimmer can meet the new group's requirements. The change in registration will be formalized upon completion of payment for the difference in groups.

#### *Grouping Down:*

- Swimmers wishing to register for a practice group lower than that recommended by the Maverick coaching staff may do so. Maverick Swim Club recognizes that some swimmers who are involved in a variety of extracurricular activities may wish to enroll in a group with lesser attendance requirements.
- No prior approval for such registration is required.

### HIGH SCHOOL SWIMMERS

Except under certain circumstances which must be pre-approved by the Head Age Group Coach, all high school age swimmers, including those entering high school in the fall of 2010, are not eligible to register for any of the "Core" practice groups. High school swimmers should register for either the Senior or Genesis groups following the guidelines outlined in this document.



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## MIGHTY MAVS

This practice session group is a development program intended for new swimmers ages 8 and under who are still developing the concept of stroke technique.

The Mighty Mavs practice group session is recommended for:

- Swimmers 5 years of age or older who have one summer of competitive swimming experience or either have passed the green lesson group at DuPage Swim Center or have mastered the skills of the green lesson group.

Practices will average 45 minutes in length and will be held two times during the week. The Mighty Mavs program consists of two sessions—Swimmers may enroll in Session One, Session Two, or both sessions. Each session offers two options for dates and locations as follows:

Session One: September 20—November 23, 2010 (meets 15 times)

- Mighty Mavs Group 1A – Tuesday/Friday @ NNHS
- Mighty Mavs Group 1B – Monday/Thursday @ MVHS

Session Two: January 10—February 25, 2011 (meets 12 times)

- Mighty Mavs Group 2A – Tuesday/Friday @ NNHS
- Mighty Mavs Group 2B – Monday/Thursday @ MVHS

Upon the approval of the lead practice group coach, swimmers in Session One (September-November) are eligible to participate in the freestyle and backstroke events at the Maverick Round-Up USS meet hosted by Maverick Swim Club on November 6-7, 2010. Mighty Mavs swimmers entered in the Maverick Round-Up USS meet will be notified by the Club and required to pay swimmer meet entry fees which will be charged to their online account.

Mighty Mavs swimmers who are registered for both Session One and Session Two (January-February) are eligible to participate in the freestyle and backstroke events at the Maverick Winter Splash USS meet hosted by Maverick Swim Club on January 7-9, 2011. Swimmers entered in this meet are also required to pay swimmer entry fees which will be charged to their online account.



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## PRE-CORE

The Pre-Core practice group session is recommended for:

- Swimmers age 8 and under who have at least two summers of neighborhood competitive team or one year of winter competitive team swimming experience.
- Swimmers who are 9 years old who have no competitive swimming experience and who do not yet meet the ability qualifications for Core 1.

To qualify for Pre-Core, a swimmer must be able to legally swim 25 yards freestyle and backstroke and demonstrate:

- Correct freestyle breathing.
- The ability to dive off of the side of the pool or a starting block.
- Basic swimming etiquette.
- A legal component of breaststroke or butterfly (one of the two strokes is legal with the arm stroke or the kick).

Focus of the Pre-Core group:

- Creating a proper technique foundation for all four strokes
- Rotary breathing for freestyle
- Proper body position for backstroke
- Proper pulls and kicks for breaststroke and butterfly
- Introducing proper starts and flip turns

Practice sessions: 45 minutes in length and conducted 5 days per week.

Minimum practice requirement: 40%

Meet participation: All Maverick hosted meets are required, other meets are optional.



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## CORE 1

The Core 1 practice group session is recommended for:

- Swimmers 9 and 10 years old (including those swimmers who turn 9 at any point during the short course season) that have moved beyond the initial stroke development stage and seek exposure to the next level of competitive swimming.
- 8 year old swimmers who have two years of competitive swimming experience and who receive the approval of the Pre-Core and Core 1 lead practice group coaches to practice with this group.
- 11 year old swimmers who choose to remain in this group because of other priorities or commitments or who do not yet meet the ability qualifications for Core 2.

To qualify for Core 1, a swimmer must be able to legally swim a 100 yard IM.

Focus of the Core 1 group:

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Pre-Core).
- Introduction to two hand turns, backstroke flip turns, and principles of practice – both drill purposes and training principles

Practice sessions: 1 hour in length and conducted 5 days per week.

Minimum practice requirement: 40%

Meet participation: All Maverick hosted meets are required. Swimmers are encouraged to swim in as many meets as possible and should enter all “team effort” meets unless they have previously scheduled conflicts.

\*\* If the number of registered swimmers exceeds the maximum group capacity, preference will be given to 9 and 10 year old swimmers, based on their age as of December 31.



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## CORE 2

The Core 2 practice group session is recommended for:

- Swimmers age 11-13 (including swimmers who turn 11 at any point during the short course season) who have progressed beyond the Core 1 level and are looking for exposure to the next level of competitive swimming
- 14 year old pre-high school swimmers who cannot meet the higher commitment requirements of the Core 3 group due to other priorities and commitments

To qualify for Core 2, a swimmer must be able to legally swim a 200 yard IM by week three of the season.

Focus of the Core 2 group:

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Core 1).
- Introduction of race strategy, seasonal goals, and practice planning for both.
- More in-depth instruction in and development of practice principles, including principles of repeat training, interval training, and speed control.

Practice sessions are approximately 1.5 hours in length and conducted 5 days per week.

Minimum practice requirement: 50%

Meet participation: All Maverick hosted meets are required. Swimmers are encouraged to swim in as many meets as possible and should enter all "team effort" meets unless they have previously scheduled conflicts.

\*\* If the number of registered swimmers exceeds the maximum group capacity, preference will be given to 11 and 12 year old swimmers, based on their age as of December 31.



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## CORE 3

The Core 3 practice group session is recommended for:

- Swimmers age 12-14 (including swimmers who turn 12 at any point during the short course season) who have progressed beyond the Core 2 level and are looking for exposure to the next level of competitive swimming
- Swimmers entering high school are not eligible to register for this group, but should register for either the Senior or Genesis group

To qualify for Core 3, a swimmer must be able to legally swim a 400 yard IM in under 8 minutes by week three of the season.

Focus of the Core 3 group:

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Core 2)
- Further development of dry land training
- More in-depth understanding and refinement of practice principles, including the use of test sets and development of practice goals
- Greater emphasis on conditioning and conditioning principles

Practice sessions are approximately 1.75 hours in length and conducted five to six days per week. A Saturday morning "extra credit" practice is offered on most weekends when we are not participating in a swim meet.

Minimum practice requirement: 60%

Meet participation: All Maverick hosted meets are required. Swimmers are encouraged to swim in as many meets as possible and should enter all "team effort" meets unless they have previously scheduled conflicts.

\*\* If the number of registered swimmers exceeds the maximum group capacity, preference will be given to 13 and 14 year old swimmers, based on their age as of December 31.



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## SENIOR

The Senior practice group session is recommended for:

- Swimmers at the high school level and above and is designed to accommodate all swimmers, ranging from those who want to continue to engage in club swimming in addition to other activities and commitments to those swimmers who are fully committed to swimming as their principal non-academic activity but cannot meet the higher commitment requirements of the Genesis practice group.
- Except under certain circumstances which must be pre-approved by the Head Age Group Coach, all swimmers high school age swimmers, including those entering high school in the fall of 2010, are not eligible to register for any of the "Core" practice groups. High school swimmers should register for either the Senior or Genesis groups following guidelines outlined in this document.

Practice sessions will be offered five to six times during the week. A Saturday morning practice is offered on most weekends when we are not participating in a swim meet.

Meet participation:

- Senior Group swimmers are required to participate fully in all Maverick-hosted meets.
- Senior Group swimmers are required to participate in all end-of-season meets with time standards for which the swimmer qualifies.



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## GENESIS

The GENESIS program offers many advantages over our existing Core and Senior programs, but is only effective for those choosing to specialize in swimming. The Genesis program requires a commitment level which will be enforced throughout the season, so this program may not fit your needs or schedule. If that is the case, existing Core Group and Senior programs will provide you with the same level of competitive swimming you have come to expect from the Maverick Swim Club. Any swimmer with the appropriate age and ability qualifications may register for Genesis. Any age group swimmer registering for Genesis that does not have a prior season recommendation will be placed on a wait list until the lead Genesis group coach meets with the swimmer and approves the registration.

### GENESIS REQUIREMENTS:

#### SWIMMER QUALIFICATIONS

- Must be at least 12 years old at the start of the short course season
- Fulfill time standard qualifications from one of the following:
  - Two JO or Senior Champ cuts from prior year season OR Four regional cuts from prior year season
- Successfully demonstrate the following practice skills:
  - Provide proper spacing (usually five seconds) during practices
  - Demonstrate ability to descend times in 4 consecutive swims with the 4th swim being equivalent of a 95% effort
  - Completion of all sets throughout the practice sets

#### ATTENDANCE REQUIREMENTS

- Swimmers will be credited with attending a practice based on successful completion of practice within the set practice times. Successful completion will be at the coaches discretion, but will be primarily based upon properly executing set instructions, complete participation and effort towards implementing new and previously practiced skills.
- Minimum 80% attendance requirement calculated over 14 rolling days
- Swimmers have 7 days to make up any missed days
- Long term medical or other excused absence requires coach approved plan for make-up
- One "extra credit" practice offered per week (Wednesday morning or Saturday morning)

#### MEET ATTENDANCE REQUIREMENTS

- Must attend a minimum of 60% of meet sessions available
- Swimmers will compete in 13 & over age group if available
- Must compete in championship season
- Minimum of one travel meet per season

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