

Specialty Group (Sprint & Distance)

Expectations, Requirements and Pre-requisites

Meeting items below does not guarantee placement in specialty groups. Similarly, not meeting all items listed does not necessarily exclude selection. All swimmers earning a spot in these groups are probationary. Swimmers may be asked to leave the group if expectations are not maintained. Expect a general timeline of 2 months as the probationary period.

1. Consistent Practice Attendance
 - a. Minimum of 5 days of practice per week (2 practices in 1 day still only counts as 1 day of practice). If swimmer is doing a combo of the specialty and high school practices, at least 3 days must be with the specialty group.
2. Work Hard at Practice
 - a. Complete sets with little to no stopping / breaks.
 - b. Apply effort reflecting in managing stroke counts, turn-over rates, time schedules, etc.
3. Stay Focused at Practice
 - a. Minimal Distractions
 - b. Respectful / Hear the set the first time it is given / complete the sets as asked.
4. Actively applying the goal sheet
 - a. Know and consistently use push-off distances, dolphin counts, stroke counts, TOR's from the goal sheet.
5. Consistent Meet Attendance
 - a. The meets are the best way to measure the success of your training and are invaluable opportunities. Meets should be a high priority.
6. Implementation of goal sheet in races
7. Intrinsically motivated.
 - a. Swimmer should WANT to be here and should require little extrinsic motivators (like punishments or rewards).
8. Self-Reliance
 - a. Swimmers should take ownership and responsibility for themselves and the achievement of their aspirations.
 - b. The coaches (and parents) are simply facilitators. They can help pave the way and give unconditional support and love, but they cannot make a swimmer great. Only the swimmer can do that.
9. Qualifying Times
 - a. Sprint Group
 - i. 50 free = 28.00
 - ii. 100 free = 1:01.00
 - b. Distance Group
 - i. 200 free = 2:21.00
 - ii. 500 free = 6:16.00