

Training to Train: Building the Engine!

Senior Division: *S3 Group, Senior Group*

13+ years of age

Focus

During the Training-to-Compete stage, there should be an emphasis on aerobic conditioning. This is the stage where there is greater individualization of fitness and technical training. The focus should still be on training rather than competition, and the training should be predominantly of high volume, low intensity workloads.

It is important to emphasize that high volume, low intensity training cannot be achieved in a limited time period, and therefore the time commitment to training should increase significantly.

As the volume of training increases, there is likely to be a reduction in the number of competitions undertaken. However, there should now be specific targets for each competition undertaken, with a view to learning basic tactics and mental preparation. There should be either single or double periodization of the training year.

Similar to the previous stage, if insufficient time is devoted to this stage or it is missed then the young swimmer will never reach his or her full potential!

During this stage, training should continue to develop suppleness and to include the use of 'own body weight' exercises; medicine ball and Swiss ball exercises.

Towards the end of this stage, preparations should be made for the development of strength (which for girls occurs at the end of this stage and for boys at the beginning of the next stage). This should include learning correct weight lifting techniques—and the ancillary

capacities (the knowledge base of how to warm up and warm down; how to stretch and when to stretch; how to optimize nutrition and hydration; mental preparation; regeneration; how and when to taper and peak; pre-competition, competition and post competition routines) should be established.

S3 Group

S3 stands for **Speed, Strength, and Skills**. The S3 Group is focused on taking athletes and making them into *swimmers*.

The S3 Group will meet the needs of athletes coming from other sports, high school swimmers, and swimmers currently in the Minnetonka Swim Club who are still working on translating dryland power into aquatic speed or who are unwilling or unable to make the time commitment of the Senior Group. **Technique is the foundation with which speed, strength, and skills are built upon.**

Practice is offered 5 times a week. Swimmers are strongly encouraged to attend all practices as skills and progressions build from one practice session to another.



1.5 hours practice duration



~1 hour of practice time will be spent in the water



~30 minutes will be dedicated to dry-land exercises

Swimmers are strongly encouraged to attend all practices as skills and progressions build from one practice session to another.

Competitions

S3 swimmers are expected to participate in the following meets

-  October 9-10 Invitational
-  October Intrasquad
-  November Invitational
-  December 4-5 BC Open or December 11-12 A Meet (if qualifying standards are met)
-  December Intrasquad
-  January 14-16 B+ Meet (if qualifying standards are met) or January Invitational
-  January 29-30 ABC Open
-  ABC Finals
-  State Championships (if qualifying standards are met)

Please speak with your coach if you are interested in additional opportunities to compete.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	26	30	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
Oct. 2010	Invitational		Intrasquad				Invitational
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	ABC Open						ABC Open
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
Nov. 2010							Invitational
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
							B/C Open
	5	6	7	8	9	10	11
							A Meet
Dec. 2010							
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
						B+ Meet	B+ Meet
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
							ABC Open
Jan. 2011							
	30	31	1	2	3	4	5
						Schroeder A	Schroeder A
	6	7	8	9	10	11	12
	Schroeder A						
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	Invitational						Invitational
	27	28	1	2	3	4	5
	12u C Finals					AB/C Finals	AB/C Finals
	6	7	8	9	10	11	12
	AB/C Finals					12u State	12u State
	13	14	15	16	17	18	19
	12u State				13+O State	13+O State	13+O State
	20	21	22	23	24	25	26
	13+O State						
	27	28	29	30	31	1	2



Goals and Expectations for the S3 Group

- ④ Continue becoming more fluid in swimming (no splashing)
- ④ Actively improve distance per stroke
- ④ Translate power and athleticism developed in dry land training to speed in the water
- ④ Learn leadership skills
- ④ Provide an effective training program for swimmers who may have not come up through the Minnetonka Swim Club
- ④ Provide an effective training program for swimmers who are unwilling or unable to make the time commitment of the Senior Group
- ④ Swimmers will learn to actively monitor and improve their stroke technique
- ④ Swimmer understands and takes responsibility for attendance and performance, work habits in practice and how these three relate to meet performance

Senior

This program is intended to provide both a stepping stone for athletes intending to be successful in the National program and also provide a demanding and comprehensive training program for those athletes who cannot meet the attendance and/or training requirement of the National program.

At this point in a swimmer's development a higher level of accountability is necessary in order to continue and develop.






Practices are offered 6 days a week; in some cases the coaching staff will require athletes to participate in morning practices when appropriate.

Senior swimmers are expected to attend 90% of workouts and communicate with the Senior coach about their training schedule.



~2 hours practice duration; will consist of both dryland and swimming workouts.

Swimmers entering the Senior program must be able to complete four of the following:

-  10x100@ 1:20
-  8x50@ 50 kick
-  Swim under 1:00 in 100yd freestyle for girls/ :58 for boys
-  A/ AA Times
-  30 pushups in 1:00

Seniors swimmers are expected to participate in the following meets:

-  October 9-10 Invitational
-  October 23-24 ABC Open
-  October Intrasquad
-  November Invitational
-  December 4-5 BC Open or December 11-12 A Meet (if qualifying standards are met)
-  December Intrasquad
-  January 14-16 B+ Meet (if qualifying standards are met) or January Invitational
-  January 29-30 ABC Open
-  February 4-6 Schroeder A Meet (if qualifying standards are met)
-  February 19-20 Invitational
-  ABC Finals (if qualifying standards are met)
-  State Championships (if qualifying standards are met)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Dec. 2010	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
Jan. 2011	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
Feb. 2011	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	1	2	3	4	5
Mar. 2011	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	1	2	3



Please speak with your coach if you are interested in additional opportunities to compete.

Goals and Expectations of the Senior Group

- ④ Prepare athletes for both competency at a US Open, Sectional, State level, and for movement into National training group (if so desired)
- ④ To consistently improve commitment level and training/racing ability from season to season
- ④ Continue becoming more fluid in the water
- ④ Actively improve distance per stroke
- ④ Learn and apply leadership skills
- ④ Attendance should improve, not decline as the athlete matures
- ④ Training attitudes should be more productive and supportive as the athlete gets older
- ④ Athletes must conduct themselves in a manner appropriate to actions needed to promote and support the goals of the team
- ④ Attend all meets prescribed by coaching staff unless Senior coach agrees to absence
- ④ Display ability to train appropriately for the athlete's experience and stated goals
- ④ Parental involvement in "wet side" decreases but increases on "dry side" during tenure

Other areas of swimmer Accountability

- ④ Swimmer learns to accept the responsibility for his/her performance
- ④ Swimmer learns coping strategies to deal with peer pressure
- ④ Swimmer learns coping strategies to deal with parent pressure
- ④ Swimmer understands and performs personal race strategies
- ④ Swimmer demonstrates an ability to balance school, social, church, swimming, and family
- ④ Swimmer can effectively communicate her/his commitment to her/his parent, coach, and teammates
- ④ Swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals
- ④ Swimmer understands the relationship between his/her personal commitment level and results