

# JUNIOR A1 HANDBOOK

2011 - 2012

Dear Parents and Swimmers,

Hello and welcome to **JERSEY WAHOOS SWIM CLUB**, the best swimming program in Middle Atlantic. We know this will be an exciting and challenging season in the Junior A1 group. To have a successful swimming season, it will take a cooperative effort between parents, coaches, and swimmers. We know that all the swimmers in this group are prepared to dedicate themselves to reach their optimum potential. We are willing to give you 100% of our energy; all we ask in return is a commitment to excellence.

We have set several goals for the Junior A1 group:

- 1) Commitment to USA swimming year round
- 2) Overall improvement in strokes and turns
- 3) Improvement in practice performance
- 4) Provide more **WAHOO** team identity
- 5) Improvement in times at meets and at practice
- 6) Provide you with a purpose to your swimming
- 7) To provide fun and social interaction

To help with communications, please E-Mail swimmers E-Mail address' to: [juniora1@jerseywahoos.org](mailto:juniora1@jerseywahoos.org)  
This E-Mail address will be used for many announcements to the group.

With the cooperation of parents, swimmers, and coaches, we will have another great season.

**VISIT THE JUNIOR A1 WEB PAGE AT:**

**[www.jerseywahoos.org/jra1](http://www.jerseywahoos.org/jra1)**

## **Breakdown of the Junior A1 Season**

### **Neo-Season (September)**

- 1) Get back in shape
- 2) Stroke Drills
- 3) Gradual increase in yardage
- 4) Attendance is crucial so that build up in yardage is not marred by injury
- 5) Aerobic swimming emphasized. Moderate speed to enhance lactate removal, muscle warm up, and endurance

### **Endurance Phase (October - early November)**

- 1) Long Distance Swimming
- 2) Participation in the Swim-A-Thon timed 5000 (mandatory for all swimmers) October 8-9
- 3) Energy systems emphasized
  - Aerobic swimming in warm up
  - Threshold - swimming speeds where production & removal of lactic acid are equal. Ideal for endurance.
  - Aerobic overload - training paces of high intensity with short rest. Enhances lactic acid tolerance.

### **Competitive Phase (early November - early December)**

- 1) Speed Work
- 2) Quality Swims at race pace
- 3) Anaerobic work (fast swims with long rest)
- 4) Descending sets, Breakthrough times in sets
- 5) Emphasis on the 200 & 500 free, and the 200 & 400 IM
- 6) Energy systems emphasized
  - All mentioned earlier
  - Maximum Oxygen Consumption (mVO<sub>2</sub>) - Training at high intensities with adequate rest. Designed to improve maximum endurance capacity.

### **Taper (early December - mid December)**

- 1) Gear up for shave and taper meets
- 2) Concentration on doing exactly what is asked of the swimmers is crucial to a quality taper
- 3) More rest and quality race pace swims – Swimming fast
- 4) Try to get more rest at home
- 5) Energy Systems Emphasized
  - Lactate work - Paces that result in high lactate production with lots of rest
  - Alactic Peak - High intensity work of very short duration with equal or more rest. Designed to improve muscle recruitment and power.

### **Short Endurance and Stroke Phase (late December - early January)**

- 1) Review of stroke drills
- 2) Longer swims
- 3) Energy Systems Emphasized
  - All mentioned earlier

### **Competitive Phase II (early January - late February)**

- 1) Re-evaluate goals
- 2) Quality race pace swims, descending sets, some anaerobic work
- 3) Focus on your purpose
- 4) Sharp swimming
- 5) All around swimming stressed
- 6) All energy systems utilized

### **Taper Phase II (March)**

- 1) Two tapers for the 2 Championship meets.
- 2) The key is rested speed. You must practice speed to have speed.
- 3) The Championship meets are the two biggest meets of the season!

### **Directions to Pennypack**

Follow route 73 North over the Betsy Ross Bridge. Once over the bridge, take I-95 north to the Academy Road exit. Follow Academy (it will bend to the right) to Grant Avenue. At Grant Avenue (NE Philadelphia Airport will be across Grant to the left) make a right turn. Follow Grant through 2 stoplights. Immediately after 2nd light, Pennypack will be on your right.

### **Junior A1 Meet Standards**

- ⇒ **60% attendance required for October meets**
- ⇒ **65% attendance required for November meets**
- ⇒ **70% attendance required for Shave & Taper meets**
- ⇒ **Must maintain 70% attendance during the 2<sup>nd</sup> half of the year**
- ⇒ **Be on time for warm ups!** You should be at the pool 20 minutes before warm ups are scheduled to begin so you can change and stretch. Often, JRA1 will have a separate warm up.
- ⇒ **Wear ONLY WAHOOS clothing.** No summer league, high school, or college gear.
- ⇒ See your coaches before and immediately after your swims to get feedback about your race and to see if you are in a relay.
- ⇒ **RELAYS WILL BE DETERMINED AT THE MEET**, based on several factors. Performance at that meet will weigh heavily on determining a spot on the relays.
- ⇒ Ask permission to leave the pool area
- ⇒ **Conduct yourselves as a proud WAHOO swimmer.** Treat each other as respected teammates. Be supportive!
- ⇒ As the colder weather approaches, hats, socks and jackets are a must. How can you swim fast if you are sick
- ⇒ Think while you swim
- ⇒ Streamline off every start and turn
- ⇒ **NO BREATHING** in or out of your turns and start

## Junior A1 Practice Standards

- ⇒ **BE ON TIME** so that you can stretch, talk, and go over practice, you should arrive 10 - 15 minutes prior to the scheduled start time. **Tardiness is unacceptable!**
- ⇒ **WAHOOS CAPS ONLY!** You swim for Jersey Wahoos, show pride in your team by wearing the Wahoos cap!
- ⇒ If someone is acting inappropriately, *the coaches must be notified*. We cannot deal with these issues if we don't know about them.
- ⇒ If you have a concern, come to the coaches with these concerns.
- ⇒ **DO NOT leave any of your bags in the locker rooms during practice. Bring it all up to the bleachers on deck. There are many people going through the locker rooms between practices. We can't spend the time to investigate things missing from the locker room.**
- ⇒ **DO NOT** arrive at Wahoos **more** than 15 minutes prior to practice. There is too much going on to have 50+ swimmers talking in the lobby or on deck. Wahoos is not a babysitting service.
- ⇒ Once your child has been dropped off for practice at Wahoos, we expect them to swim the practice. They are not to leave Wahoos until they are picked up after practice. **No walks to McDonald's!**
- ⇒ All of your equipment should have your name on it, especially fins!
- ⇒ You **MUST** ask permission to leave pool areas.
- ⇒ **Conduct yourself as a proud WAHOO.** Treat each other with respect. Be supportive.
- ⇒ As the colder months approach, hats, socks, & jackets must be worn. You can't swim fast if you are sick.
- ⇒ **THINK** while you swim. **STREAMLINE** off every start and turn. **NO** breathing in or out of the turns.
- ⇒ Maintain the following breathing patterns (25's - No breath) (50's breath every 7) (75 & 100 breath every 5) (200 & up breath every 3).
- ⇒ Learn to read the pace clock. You need to know the times you are doing in practice to record improvements in practice.
- ⇒ Learn race pace, descending, sprinting, and anaerobic training. (You need to be able to read a clock to be successful in these types of training)
- ⇒ Learn to take your heart rate (HR), and do so often. We will use the HR as an effort level guide. Warm - up HR=120; Threshold HR=150-170; Race Pace, Lactate, & Alactic HR= 180 & above, Warm Down HR = 100 & below. (Between sets count HR beats for 15 sec & multiply by 4; during sets if time permits, sets count HR beats for 6 sec & add a zero)
- ⇒ If someone behind you is swimming faster, wait until you get to the wall to let them go by. Do NOT stop in the middle of the pool. Practice lane etiquette. Let faster swimmers go in front.
- ⇒ More commitment equals bigger improvement. Cheating is **not** permitted. Giving up is **not** permitted.
- ⇒ You **MUST** turn in all Meet Info ON TIME. **NO LATE ENTRIES WILL BE ACCEPTED!**
- ⇒ **FAST SWIMMING IS MANDATORY!!!**
- ⇒ You must be on your best behavior in the locker rooms and they must be kept clean or locker room privileges will be lost.
- ⇒ When we have a McDonald's morning or night, we go together, as a team. No racing to be first in line. You are allowed to get lunch OR breakfast, not both (and no getting hash browns & then lunch). You **MUST** behave.
- ⇒ A dry land program will be posted on the web and updated throughout the season. It is recommended that you do these exercises on your own, since the weight room is in use before our Tuesday & Thursday practices.

## Things Parents Can Do

- ⇒ **Get your children to practice & meets on time!** 15 minutes before practice & 20 minutes before scheduled meet warm up.
- ⇒ **DO NOT** drop your children off at Wahoos more than 15 minutes prior to practice. There is too much going on to have 50+ swimmers talking in the lobby & on deck. Wahoos is not a babysitting service.
- ⇒ ***IF YOUR CHILD IS SICK, DO NOT SEND THEM TO PRACTICE OR A MEET. THEY MUST BE FEVER FREE FOR 24 HOURS BEFORE RETURNING.***
- ⇒ If your child has had an extended sickness (4-5 days), don't send them to meets, let them recover!
- ⇒ Make sure your children have all of their equipment, with their name on it.
- ⇒ Make sure your children eat nutritiously.
- ⇒ Make sure all meet info is turned back to *THE COACHES* or to the office **ON TIME**. Don't wait until the due date to turn it in. The earlier the better. **NO LATE ENTRIES WILL BE ACCEPTED!**
- ⇒ Volunteer to help at all meets. Volunteering at meets does not give you the right to be your child's personal cheerleader!
- ⇒ If you have concerns, make an appointment with the coaches.
- ⇒ Keep your children's sport in its proper perspective.
- ⇒ Talent is GOD given; effort is your own.
- ⇒ Remember that Coaches, like you, make mistakes and feel badly about them.
- ⇒ Realize that every swim will not be a best time or a first place finish.
- ⇒ **DO NOT** coach your children leave that to the coaches. After all, that is why they are here.
- ⇒ **NO STOP WATCHES AT PRACTICE OR TALKING TO YOUR CHILD DURING PRACTICE.**
- ⇒ **DO NOT** be a bigger show at a swim meet than the athletes.
- ⇒ **DO NOT** relive your own athletic desires through your child.
- ⇒ **GIVE YOUR CHILDREN UNCONDITIONAL SUPPORT.** Your role is to comfort and applaud your swimmer. No one swim is that important; it's the whole picture that counts.
- ⇒ Become a group representative. Responsibilities include getting workers for meets, parties, sorting ribbons. We need a rep for each of the 4 age groups (11-12 girls, 13-14 girls, 11-12 boys, 13-14 boys).
- ⇒ **NO PRIVATE LESSONS**
- ⇒ Cheer for all of the athletes.
- ⇒ Play up the important things, like team meets and relays.
- ⇒ Know that no one swim is that important
- ⇒ Do not use practice time in the stands as a time for gossip and as the rumor mill.
- ⇒ Know that strokes will change. It is rare that a swimmer would have the same best stroke for their career.
- ⇒ Encourage swimmers to accept responsibility for their swims (good and bad)
- ⇒ Promote the same philosophy about meets as the coaches.
- ⇒ McDonald's morning behavior – We represent Jersey Wahoos. Please speak to your children about respect and manners.

## 2011-2012 JRA1 Schedule

### October

8-9 Swim-A-Thon @ Wahoos (all swimmers)  
21-23 Autumn Harvest @ Wahoos (500 free mandatory - Wahoos run meet)  
**31 HALLOWEEN NO PRACTICE**

### November

19-20 Thanksgiving Meet @ GCIT (400 IM, 200 BK, 200 BR mandatory - Wahoos run meet)  
**24 THANKSGIVING NO PRACTICE**

### December

8-11 Buffalo @ Buffalo, NY (A level Swimmers)  
10-11 IM Extreme Meet @ Wahoos w/PAAC, NRG & others (Non-Buffalo swimmers)  
**24-Jan 1 HOLIDAY BREAK NO PRACTICE**

### January

2 Practice Resumes  
14 Winter Blizzard @ JW (Saturday Meet / Sunday Pennypack)  
20-22 MA Elite Meet @ GCIT (14/under)

### February

5 1650 Meet @ Wahoos (selection)  
11-12 Sweetheart A/BB/C @ GCIT (all swimmers) (trials / finals for 13/over)  
24 200 Fly Meet @ JW during JRA1 practice time (ALL SWIMMERS MANDATORY)  
25-26 Presidents A/BB/C @ Jersey Wahoos (Last Chance to qualify for JO's)

### March

8-11 Junior Olympics @ GCIT (Qualify A+)  
29-31 Eastern Zones @ Webster, NY (AAA+ swimmers – Apply & selection by MA)  
31-Apr 1 Silver Champs @ GCIT (Non-JO Swimmers)

### April

11-14 *NASA Showcase Classic @ Clearwater, Fl (Qualify - 9,11,13 AA / 10, 12, 14 AAA)*

**April 6-15 SPRING BREAK NO PRACTICE**  
April 16 Practice Resumes – Spring Session

**(This is a tentative schedule and is subject to change)**