



# **Greater Evansville Aquatic Team**

## **2009-2010 Team Guide**

# GREAT Contact Information

## Phone Numbers

**Head Coach:** Mike Chapman

812-568-4696

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## Website Information

[www.greatswim.com](http://www.greatswim.com)

## Training Facilities

The GREAT program utilizes three pools. During the winter season, we use Lloyd Pool for short course training. During the summer, we use Hartke Pool for long course training and the pool at the University of Evansville for continued conditioning and technique work.

## Group Structure

### Bronze

**Focus:** Introductory group. The group begins learning the basics of learning interval swimming. Majority of practice time is dedicated towards stroke improvement.

**Equipment:** Kickboard, Training Fins, Pull Buoy, Mesh Equipment Bag

**Practices:** Offered 6 days a week for 1 hour.

### Silver

**Focus:** Group continues work on skills to improve stroke mechanics, endurance training, racing starts, turns and finishes. Swimmers will begin learning race strategy for competing at various distances and strokes.

**Equipment:** Kickboard, Training Fins, Pull Buoy, Mesh Equipment Bag

**Practices:** Offered 8 times a week for 1 ½ hours.

### Gold

**Focus:** Group continues work on skills to improve stroke mechanics, endurance training, racing starts, turns and finishes. A greater amount of time is spent on developing the various energy systems utilized in training for competitive swimmers.

**Equipment:** Kickboard, Training Fins, Pull Buoy, Mesh Equipment Bag, Pull Paddles, Water Bottle, tennis/cross training shoes, T-shirt and shorts for dryland segments.

**Practices:** Offered 8 times a week for 2 hours.

### Platinum

**Focus:** Swimmers will enhance skills needed to improve stroke mechanics, endurance training, starts, turns, and finishes. Swimmers will be instructed on proper athlete nutrition, racing strategies for various distances and events, heart rate training, strength conditioning, flexibility, goal setting, and mental preparation techniques. Within the group athletes will be divided periodically into stroke and event specific training groups in order to better individualize workouts for specific training needs. Athletes in this group must attend at least 7 practices a week and 3 meets per season.

**Equipment:** Swim Snorkel, Kickboard, Training Fins, Pull Buoy, Mesh Equipment Bag, Pull Paddles, Water Bottle, tennis/cross training shoes, T-shirt and shorts for strength condition segments.

**Practices:** Offered 8 times a week for 2- 2 1/2 hours.

## **Entering Swimmers in a Swim Meet**

The team selects the meets that we will be attending in advance. USA Swimming requires that a coach from each team be present to represent the swimmers at each meet. You will receive an e-mail when we are entering swimmers in a swim meet and will be asked to respond if you would like your child to attend the meet. The coaching staff will decide what events each swimmer will enter. All swim meets are on a pay as you go basis. GREAT will not enter your child in a swim meet without having a meet entry e-mail and check for the entry fees prior meet entry deadline. We try to offer swimming competitions at least once a month for all kids in the program. We encourage families to commit to swimming in at least one meet each month. The swim meets are used to help the coaches and swimmers gauge their progress in the sport.

## **What to Bring to a Swim Meet**

Swimmers need to bring the following items to a swim meet: swim suit, goggles, swim cap, towels, and team shirts. Most swim meets often run for multiple days and it is not uncommon for a swimmer to forget a swimsuit or towel at home or at the hotel. Always have a back-up plan. It is not uncommon for a pair of goggles or a swim cap to break at a meet. Be prepared and expect the unexpected.

## **GREAT Expectations**

Swimmers are expected to be on time for workouts and prepared to swim each day they attend practice. A general rule for all groups is that swimmers should be at the pool ready to stretch with their group 15 minutes prior to the start of practice. The start time is the time that we will begin to practice. Swimmers must have all equipment and be ready to enter the water at that time.

Attendance: Swimmer skill and endurance improvement is highly dependent upon consistency in practice; the greater the attendance the greater the opportunity for improvement as a swimmer.

Swimmers are to act in a respectful manner to all coaches, staff, team members, parents, meet officials and towards other competitors. Athletes are expected to be on time for all team functions and prepared to participate at designated times.

Parents are expected to be supportive of the GREAT program, staff and fellow parents. Parents are asked to refrain from talking to the coaching staff during workouts. Parents may make appointments to meet with coaches before or after practice. All parents must remain off the pool deck during workouts. This is a USA Swimming Policy.

**Parents are expected to pick-up their children within 15 minutes of the end of practice!**