

Niles-Buchanan YMCA Mariners Swim Club Syllabus

Continuous Ongoing Sessions

Instructor Information

Instructor

Maggie Regan, Head Swim Coach
Andre' Gresham, Assistant Swim Coach

Email

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Class Location & Hours

NB YMCA Main Pool
during the school year practices are:

Red Group - 4:30-5:30 pm
Yellow Group - 4:30-5:45 pm
Blue Group - 4:30-6:00 pm
Green Group - 4:30-6:30 pm

General Information:

Description

Mariner's Swim Club - YMCA's involvement in this swimming club incorporates the character values of caring, honesty, respect and responsibility into the swimmers daily training. Swimming is our vehicle for demonstrating those values of fitness, health, self-respect and respect for others. We are dedicated to a program full of happy, healthy and accomplished swimmers. We provide a healthy and age-appropriate program for swimmers from novice to experienced level. Swimmers have the opportunity to train and socialize under the guidance of qualified, caring and professional coaching staff and parents. To participate in swim club you must be able to swim the length of the pool without a flotation device or other aid practicing both the freestyle stroke and backstroke. In the swim club the athletes are faced with new obstacles each day and sometimes pushed outside their comfort zone in order to make progress on their swimming goals. You will be in the pool everyday Monday-Friday (intro group is just Monday/Wednesday/Friday) where there will be two different coaches on deck. Before attending practice, an evaluation is needed in order to place the swimmer in the correct training group. The club can be joined at any time during the year, and if unsure, a 2 week trial is available!

Expectations and goals:

Evaluation sheet (see attached)

Swimmers advance through the groups by demonstrating proficiency and skills appropriate for the group being tested through practice and performance. Every swimmer progresses at their own pace, dictated by their desire to learn the art and how often they attend practices. An evaluation sheet will be completed at the beginning and end of each homeschool semester and will reflect the progress of the swimmer on stroke technique and other elements of swimming.

Course Materials:

Required Materials

- All participants need to have proper swim attire (swim cap, goggles, and swim suit) - provided by families.
- All participants should have a pair of swimming fins (purchased at any sporting goods store). The team has some available in various sizes at the Y for donation/loan to swimmers. Before families buy equipment, check in with coaches and see what is available!

Course Schedule:

This is a yearly team with the same schedule during the school year and a different schedule over the summer. Each week, swimmers learn the basic techniques for all strokes and gain endurance in the pool. Advanced swimmers do the same, with more yardage in the pool for endurance and speed work being priority with technique changes given along the way. Swimmers learn at their own pace. Advancement is not on a preset schedule.

End of Semester: Finished Work:

The evaluation form mentioned above in the expectations and goals section will be used to summarize the end of semester progress from the initial evaluation. There are specific goals that each swimmer has to make to move up from one training group to another. See constraints copied below:

Red Group

This group is primarily designed for athletes who have limited experience in the sport but have knowledge of between two and three strokes. The focus of this group is to learn the swimming skills necessary to have a solid foundation in the sport or improve upon the skills already obtained, while also fostering a love for the sport of swimming. Additionally the athletes in this group will continue to improve the skills of proper kicking, body position, arm motion, and breathing for all four competitive strokes. We encourage the athletes in this group to attend at least two practices a week. To move to yellow group, swimmers must be able to complete a 100 IM, 100 freestyle and backstroke, 50 breaststroke and butterfly (doesn't have to be fully legal), as well as be able to handle the increased work load at and maturity needed for a yellow group practice.

Yellow Group

This group is primarily designed for athletes who have a solid swimming foundation and background. The focus of this group will be refining swimming skills and developing a strong aerobic base along with developing technique. These swimmers will also learn how to read the clock and swim workouts on intervals. We encourage the athletes in this group to attend between three and four practices a week. Every practice will begin or end with dryland, stretching, or focus work on stroke technique, turns, or starts. To move to blue group, swimmers must be able to handle the increased work load at a blue group practice, as well as the maturity for the higher level of commitment.

Blue Group

This group is primarily designed for athletes who have a very strong swimming foundation and the desire to participate in a highly committed group. The focus of this group will not only be able to master swimming skills that will prepare them for Green level swimming, but to teach athletes the importance of being committed to the sport in order to help achieve their goals. The swimmers will start to learn racing strategy. In this group, athletes are required to attend between four to five practices a week. Practices will begin or end

with dryland, stretching, or focus work on stroke technique, turns, or starts. To move on to green group, swimmers must be able to handle the faster intervals of training and learn how to plan and work towards goals.

Green Group

This group is primarily designed for high school aged athletes who have a very strong swimming foundation and background. The focus of this group will be mastering swimming skills, maintaining a strong aerobic base and preparing for high level swimming. Swimmers will be expected to complete workouts using a pace clock at faster intervals - completing more yardage than blue group. We expect the athletes in this group to attend five practices a week. Practices will begin or end with dryland, stretching, or focus work on stroke technique, turns, or starts.