

Scottsdale Aquatic Club

New Group Structure

Beginning in the fall (August, 2008) we will be incorporating a new group structure. To get stronger as a swim club, we have to continue to evolve and grow. As our club and swimmers improve, we need to keep improving our structure to maximize the opportunities for our swimmers to reach their potential in the sport. This group structure is aimed at providing to best opportunities for ALL of our athletes to grow and improve as well as allow them to practice in groups with peers that are of the same relative age, maturity and ability levels. Coaches will place your child in the most appropriate group to start. They want your child to feel successful in their group and coaches will move swimmers to the next level only when they feel the swimmer is ready to succeed at that next level.

Group placement will be determined by two main factors: 1—PRACTICE ATTENDANCE (higher percentage of practice attendance equates to a higher score); 2—COMPETITION RESULTS (based in USA Swimming IMX Extreme program). The swimmers will receive a score for each component. Those swimmers with the higher scores will be given the first opportunity to be in the top group. If a swimmer declines to be in a group, the next swimmer in line, based on the criteria will be given the opportunity to be in the group. Once the group capacity has been filled, the next group will be filled and so forth.

Beginning in Fall, 2008, future group placement will also include a category for PRACTICE PERFORMANCE. This will consist of a series of Test Sets that will be scored similar to the categories above. There will be three test sets given to all swimmers: 1—endurance freestyle test; 2—individual medley test; 3—kicking test. Test set dates will be set in advance and published so that swimmers can be sure to be at practice that day!

In a few cases a COACHES RECOMMENDATION will be made regarding a swimmer (we see them daily and have a good idea if they are ready or not to be in a certain group). This recommendation is not to be questioned or challenged.

When determining the group sizes, we wanted to set up a coach-to-swimmer ratio similar to an elementary school classroom. We believe this is an effective number of swimmers for a coach to work with. Based on past attendance records, we can determine an “Average Daily Attendance” (ADA) target of about 20-24 swimmers per practice. For instance, if a group has 32 swimmers, and the average attendance of the group is 75%, there will be an ADA of 24 swimmers at each practice.

As with anything new, there may be a few bumps along the road. Once the swimmers have been placed in groups, many of you may have questions or concerns. We ask that you please be patient and bring those questions to the coaches. We will discuss with you how we determined group placement.

Placement in a practice group is not guaranteed for an entire season. If a swimmer is failing to fulfill his/her obligation to the group, he/she may be assigned to a different training group and his/her spot may be filled by the next swimmer in line based on the group criteria.

Group placements will take place three at three times during the year, between each season: August 20, after the summer season; December 20, after the fall season; April 10, after the winter season. Following each season, the swimmers will be ranked according to the above criteria and placed into groups.

As a club we are dedicated to giving our swimmers the best opportunity for achieving their potential and swimming at the highest level. This same philosophy will be used in determining group placement. We believe that as swimmers progress through the program, the motivation to move to the next group will make ALL the groups stronger. As this occurs, swimmers in every group will be pushed to new heights.

GROUP STRUCTURE

Senior Swimmers

*Not before age 13

- Senior I** 20 Swimmers in the Senior Program will have the opportunity to be in this group. Swimmers in this group are highly motivated and are expected to maintain excellent practice attendance and work ethic. The emphasis is on obtaining peak strength and conditioning, specialization of events and competing at the highest level. Swimmers in this group are swimming at the Sectional Level and striving to qualify for Junior/Senior Nationals. Swimmers in this group are required to maintain at least 90% attendance.
- Senior II** 28 Swimmers in the Senior Program will have the opportunity to be in this group. Swimmers in this group are expected to maintain above average practice attendance and work ethic. The emphasis is on stroke improvement, strength and conditioning improvement and competing at the highest level qualified for. Swimmers in this group are striving to qualify for Senior Sectionals and move into Senior I in the future. Swimmers in this group are required to maintain at least 80% attendance.
- Senior III** Swimmers in this group have the expectation to meet practice attendance requirements and have a great attitude about swimming. The emphasis is on skill development and aerobic conditioning. Swimmers in this group are striving to swim at the State Championships and move into Senior I or II in the future.

Age Group Swimmers

- Gold** 24 Swimmers aged 11-13 years. Swimmers in this group are highly motivated to achieve their potential and are expected to maintain excellent practice attendance and work ethic. The emphasis is on stroke improvement, maximizing aerobic conditioning and competing at the highest level qualified for. Swimmers in this group are striving to qualify and compete at the Far Western Championships each season and prepare to move into the Senior Program. Swimmers in this group are expected to maintain at least 85% attendance.
- Silver** 24 Swimmers aged 10-12 years. Swimmers in this group are highly motivated to achieve their potential and are expected to maintain excellent practice attendance and work ethic. The emphasis is on stroke improvement, aerobic conditioning improvement and competing at the highest level qualified for. Swimmers in this group are striving to qualify and compete at the Far Western Championships each season and prepare to move into the Gold Group. Swimmers in this group are expected to maintain at least 80% attendance.
- Bronze** 32 Swimmers aged 11-14 years. Swimmers in this group are beginning to understand their potential in the sport and are learning the values of attendance and hard work. The emphasis is on stroke improvement, aerobic conditioning and competing at the highest level qualified for. Swimmers in this group are striving to qualify for the State Championships and prepare to move in the Gold or Silver group in the future.
- Blue** 32 Swimmers aged 10&U. Swimmers in this group are still fairly new to the sport and are still perfecting stroke technique and other skills. They are still early in their swimming careers and still have much to learn. The emphasis is on learning and competing in all four strokes, beginning to understand training sets and competing in invitational style swim meets. Swimmers in this group are striving to complete all the events for their age group and qualify for the State Championships.
- Red** 24 Swimmers aged 9&U. Swimmers in this group are new to year-round swimming. They are in the beginning stages of regular competition. The emphasis for swimmers in this group is learning all the strokes legally, performing an Individual Medley event legally in competition, having fun and developing an appreciation for swimming. Swimmers are preparing to move into the Blue group.
- White** 24 swimmers aged 8&U. Swimmers in this group are new to competitive swimming. They are able to complete 25 yards of Freestyle and Backstroke before joining the club. The emphasis for swimmers in this group is learning the basic skills of all the strokes and participating in Splash/Intrasquad meets, having fun and developing an appreciation for swimming. They are learning the basics of competitive swimming that they will continue to build on through the program. Swimmers in this group are preparing to move into the Red group.

Fall 2008 Tentative Practice Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Senior I	3:00-5:30pm *3 AM sessions per week	3:00-5:30pm	3:00-5:30pm	3:00-5:30pm	3:00-5:30pm	6:30-10:00am
Senior II	3:15-5:30pm *2-3 AM sessions per week	3:15-5:30pm	3:15-5:30pm	3:15-5:30pm	3:15-5:30pm	6:30-10:00am
Senior III	5:30-7:15pm *AM sessions optional	5:30-7:15pm	5:30-7:15pm	5:30-7:15pm	5:30-7:15pm	7:00-9:00am
Gold	3:45-5:45pm *1 AM session per week	3:45-5:45pm	3:45-5:45pm	3:45-5:45pm	3:45-5:45pm	8:30-10:30am
Silver	5:30-7:15pm	5:30-7:15pm	5:30-7:15pm	5:30-7:15pm	5:30-7:15pm	8:30-10:30am
Bronze	5:30-7:15pm	5:30-7:15pm	5:30-7:15pm	5:30-7:15pm	5:30-7:15pm	8:30-10:30am
Blue	5:30-7:00pm	5:30-7:00pm	Off	5:30-7:00pm	5:30-7:00pm	9:00-10:30am
Red	5:00-6:00pm	Off	5:00-6:00pm	Off	5:00-6:00pm	9:30-10:30am
White	4:00-5:00pm	Off	4:00-5:00pm	Off	4:00-5:00pm	9:30-10:30am

2008/2009 Tentative Meet Schedule

--SC 2008/2009 Season--

Sep 7, 2008	La Jolla Rough Water Swim—San Diego, CA	*ALL
Sep 20, 2008	Fall Festival Meet #1—Glendale, AZ	*14&U
Oct 4, 2008	Fall Festival Meet #2—Scottsdale, AZ	*14&U
Oct 18, 2008	Fall Festival Meet #3—Tucson, AZ	*14&U
Nov 15, 2008	Fall Festival Champs—Phoenix, AZ	*14&U Qualifiers
Dec, 2009	Team Travel Meet???—TBD	
Dec 4-7, 2008	Holiday Festival—Chandler, AZ	*Qualifiers
Dec 11-14, 2008	USA Swimming Junior Nationals—Austin, TX	*SR Qualifiers
Jan 16-19, 2009	Long Beach Grand Prix—Long Beach, CA	*SR Qualifiers
Jan 17-19, 2009	AZ Marlins Dual Meet Champs—Phoenix, AZ	*ALL 14&U
Jan 30-Feb 1, 2009	SAC Winter Invite—Cactus Pool	*ALL
Feb 13-16, 2009	Lost Dutchman—Chandler, AZ	*Qualifiers
Feb 27-Mar 1, 2009	Age Group Regionals—Cactus Pool	*14&U Qualifiers
Mar 4-8, 2009	Senior Sectionals—Federal Way, WA	*SR Qualifiers
*Mar 12-15, 2009	Age Group State Championships—Phoenix, AZ	*ALL 14&U Qualifiers
*Mar 12-15, 2009	Senior State Championships—Phoenix, AZ	*ALL Seniors (15&O)
April 2-5, 2009	Far Western Championships—Pleasanton, CA	*ALL 14&U Qualifiers

--LC 2009 Season--

May 1-3, 2009	IMX Invite—Cactus Pool	*ALL
May 22-25, 2009	Cactus Classic—Cactus Pool	*Qualifiers
May 29-Jun 9, 2009	TRAINING TRIP—TBD	*Application Process
Jun 11-14, 2009	Senior Travel	*SR Qualifiers
Jun 18-21, 2009	Sparky Invite—Tempe, AZ	*NTS
Jun 18-21, 2009	SOCAL AG Champs—Ventura, CA	*Qualifiers
Jul, 2009	Senior Sectionals	*SR Qualifiers
*Jul 16-19, 2009	Age Group State Champs—AZ	*ALL 14&U Qualifiers
*July 23-26, 2009	Senior State Champs—AZ	*ALL Seniors (15&O)
Aug 10-14, 2009	USA Swimming Junior Nationals—Federal Way, WA	*SR Qualifiers