

## **New Albany Aquatics Training Group Descriptions**

### **TRAINING GROUP DESCRIPTIONS & COSTS**

The New Albany Aquatics Club (NAAC) offers a wide range of training groups ranging from the Breakers to the Masters Team. Programs vary in intensity, amount of training time, the meet participation expectations and the additional dry-land training provided. Movement within the practice groups will happen at the coaches' discretion based upon skills improvement, attendance and commitment to the sport.

Training Seasons: Fall Only-Preseason Training

Fall/Winter/Spring Only-Breakers, Jr. Ripples, Ripples, Waves and Tsunami

All other groups train on a year round basis, Water Polo on a per-season basis Spring/Summer/Fall.

There will be a break between seasons for the training groups.

*All practice schedules will be posted on the home page of our team website. While we strive to maintain a consistent practice schedule, please check it regularly for any updates, especially during any school breaks.*

Fees for each of the programs have been developed based upon a projection of a total number of practice hours in the water and for Dryland training.

- ❖ A USA Swimming registration fee of \$57.00 per swimmer. This covers the cost of insurance and other USA Swimming programs. No swimmer may participate in workouts until the fee is paid.
- ❖ A non New Albany Plain Local School District Resident Fee of \$50 per swimmer.

### **BREAKERS**

This group is designed for the developing swimmer who can swim one lap of freestyle and backstroke. Practices will emphasize the development of the four strokes, diving and fun water activities.

Begins Friday September 30, 2011

Suggested Age Range: 4-9 year olds

Schedule/Frequency: 1-2 per week

Cost: Fall/Winter/Spring, \$392

### **JR. RIPPLES**

This group is designed for the beginning swimmer who is ready to move beyond basic swim lessons. Practices will emphasize instruction on all four competitive strokes through drills and fun water activities.

Begins Friday September 30, 2011

Suggested Age Range: 5-9 year olds

Schedule/Frequency: 1-2 per week

Cost: Fall/Winter/Spring, \$577

### **RIPPLES**

This group is designed for the novice swimmer who is ready for the next level of swimming. Practices will emphasize instruction on all four competitive strokes through drills and fun water activities. While this group is mainly instructional, it will consist of a small amount of interval training and endurance work.

Begins Monday September 26, 2011

Suggested Age Range: 6-9 year olds

Schedule/Frequency: 2-3 per week

Meets: Participation in B Meets, Mini-meet, and highest level of competition is recommended

Cost: Fall/Winter/Spring, \$672

### **WAVES**

This group is designed for the emerging competitive swimmer that has the knowledge and ability to swim 25 yards minimum of each of the four competitive strokes. Practices will emphasize mechanics in all four strokes, starts, turns and prepares swimmers for competition in swim meets. Drills and stroke technique will be the primary emphasis in practice with a moderate amount of endurance work and

Dryland Training is introduced. Regular attendance at practice and participating in the B meets, mini-meets and highest level of championship is encouraged. Evaluation is required.

Begins Wednesday September 28, 2011

Suggested Age Range: 7 – 11 +/-

Schedule/Frequency: Up to 3 practices per week, 1 dryland per week

Desired Minimum Attendance: 2+ practices per week

Meets: Participation in B Meets, Mini-meet, and highest level of competition is recommended

Cost: Fall/Winter/Spring \$712

### **TSUNAMI**

This group is designed for the competitive swimmer. Practices emphasize competitive stroke technique, starts and turns and an understanding of the pace clock. There is increased focus on conditioning and endurance work and Dryland Training is suggested. Regular attendance at practice and participation in local and out-of-town meets is strongly encouraged. Evaluation is required.

Begins Monday September 26, 2011

Suggested Age Range: 8 - 12 +/-

Schedule/Frequency: Up to 4 per week, 1 dryland per week

Desired Minimum Attendance: 3+ practices per week

Meets: 3-4 per season, plus the highest-level championship meet the swimmer qualifies for

Cost: Fall/Winter/Spring \$932

### **HURRICANES**

Swimmers in this group have a higher level of competitive swimming experience. Practices emphasize drill and stroke technique refinement as well as an increased endurance conditioning. Dryland training is further emphasized along with goal setting and an understanding of swim time standards. Meet goals are Ohio A, AA, and Zone competitions. Evaluation is required.

Begins Monday September 19, 2011

Suggested Age Range: 9 - 14 +/-

Schedule/Frequency: Up to 6 per week including Dryland

Desired Minimum Attendance: 4+ practices per week

Meets: 3-5 per season, plus the highest-level championship meet the swimmer qualifies for

Cost: Full Year

NAMS 7th or 8th grade student-\$1347

NA resident 5th/6th graders and non-residents \$1582

## **CYCLONE**

This group is comprised of the more skilled and experienced swimmers ages 13-18. Endurance, speed, and perfection of stroke mechanics are expected at this level. Goal setting and race strategy are also developed. Total commitment to all aspects of swimming is expected in this group therefore, it is expected that each swimmer make a full year commitment. Dry land training is required and a key component. Swimmers in this group are striving to maximize their age group abilities. A strong commitment to attendance, practice efforts, and meet participation is desired. They are expected to attend the highest championship meet for which they qualify. Practices stress advanced conditioning, technique refinement, and preparation for high school and collegiate championship competition. Meet goals are AA's, Zones, Sectionals, High School District and States, Jr. Nationals and further on. Evaluation is required.

Begins Monday Sept. 12, 2011

Suggested Age Range: 10-14

Schedule/Frequency: Up to 6 per week including Dryland 1-2 times per week

Desired Minimum Attendance: 90% per given season (fall/winter/spring/summer)

Meets: 5-10 per year, plus the highest-level championship meet the swimmer qualifies for

Cost:

NAHS Student-\$1827

NAHS + Water Polo - \$2362

Non-NA HS student- \$2247

NAMS Student- \$2007

### **HIGH SCHOOL TRAINING – Pre Season**

This group is for swimmers whose goal is to make the New Albany High School swim team. The focus of practice is conditioning and stroke mechanics. Training will be for six (6) weeks and practices will stress technique refinement. Regular attendance at practices is desired. Evaluation is required.

Begins Tuesday September 27, 2011

Suggested Age Range: 13-18

Schedule/Frequency: 3 Days per week, 1 dryland per week (Sunday)

Desired Minimum Attendance: 3-4 practices per week

Meets: Not required but highly suggested.

Cost: Fall: \$200

### **HIGH SCHOOL BOYS WATER POLO**

Participants will be introduced to basic rules & regulations, basic drills & skills, and basic conditioning exercises associated with the sport of water polo.

Continues from summer through start of NAHS (as soon as NAHS pool re-opens)

Suggested Age Range: 14-18

Schedule/Frequency: Up to 4 Days per week

Desired Minimum Attendance: fall season 100% goal, spring/summer 3+ practices per week

Cost: Fall: \$535

### **RETURNING COLLEGE SWIMMERS**

Since many of the past New Albany Aquatics Club swimmers swim in college and want to continue training over their breaks, holidays, and summer, the head coach and board has set up guidelines for this training.

1. Prior to long course season, each swimmer will contact the head coach to set up a mutual contractual agreement based on work schedules or class schedules. Once that schedule is in place, it will be the swimmers responsibility to follow it completely. If for any reason it changes, please contact the head coach. If you fail to adhere to the schedule agreed upon, or are constantly late for practice, you will be asked to not return.

2. Each returning swimmer will be required to possess a current USA card. A registration fee must be paid at the time of registering online.

3. Each returning swimmer will be asked to represent the New Albany Aquatics Club at the Ohio Senior Meet or Junior/Senior National Meet and are encouraged to participate in any or all other meets offered to the Senior group.

4. It will be every college swimmer's responsibility to adjust to the club's training schedule which includes being on time to meets, morning and afternoon practices. Every returning swimmer will be treated with the same attention and respect as any other swimmer on the team.

We enjoy having our "old" swimmers return! College swimmers are looked upon as role models for all our younger swimmers and we expect them to conduct themselves appropriately.