



## **TRAINING GROUP POLICY CHANGES** (effective 8-1-09, updated 1/20/10)

In an effort to better achieve both swimmer and team goals, several policies will be in effect for the start of the Winter 2009-2010 Short Course Season. These policies, while geared toward the Black & Gold training groups, do in some ways affect all of our swimmers in the event they qualify for a championship.

- **RETESTING BLACK & GOLD GROUP SWIMMERS:** At the end of each season, any registered swimmer in either the Black or Gold training groups will be required to retake the test sets in order to remain in those groups for the subsequent season. Any swimmer who does not take or does not pass the test sets will be moved back down to the prior training group for one full season and will be allowed to retest to move back up at the end of that season. Swimmers with documented illnesses or injuries may be excused on the testing days but will have to make up the testing at a later date. The only other exception to being moved down is the swimmer who is 13-14 in the Black group to be allowed to remain close to their peer group.
- **BLACK, GOLD, & SENIOR GROUP ATTENDANCE:** It is extremely important to the success of the program that swimmers who have signed up to swim in these groups commit to actually swimming on a daily basis. While it isn't mandated, it will be EXPECTED that Senior group swimmers attend *at least* 90% of the scheduled practices, that Gold group swimmers attend practices *at least* 85% of the scheduled practices, and that Black group swimmers attend practices *at least* 75% of the scheduled practices. As swimmers get into the older age group (around 12 years old), they need to commit to being GREAT at something. Too many athletes have too much on their plate and fall into mediocrity at everything. We feel that at this time in their careers they need to decide whether they want to be the best they can at swimming and commit to this full time. As always, school comes first and the need for our swimmers to keep up their grades is of the utmost importance. Swimmers are encouraged to bring their homework to the pool if they are unable to complete it after school and before practice begins so that they can start practicing as soon as they have completed their homework.
- **TAPER TIME ATTENDANCE MANDATORY:** In order for our season's work to have the ultimate results, it is mandatory that all swimmers swimming in the Divisional Championships, Age Group State Championships, or Senior State Championships attend all practices during taper time. That time frame is as follows....2 weeks out from Divisional, 3 weeks out from Age Group State, and 3 weeks out from Senior State. The most important part of this being mandated is the relays\*\*. Teammates need to know they can count on teammates to step it up to the next level of success by working all taper practices and relay exchanges. Any swimmer missing practice during taper time will be removed from their relays and replaced with the next swimmer in line for that relay. Swimmers that are removed from relays can still swim their individual events but will not be on a relay. Please do NOT plan any camps, vacations, or parties during this time that would keep the swimmers from attending their practices. Any families who feel that they cannot meet this expectation can certainly remove themselves from relay consideration. Any swimmer with a documented illness from a doctor may be excused from this for the length of the illness. Documentation MUST be in script form from the doctor. Also, any swimmer who has a mandatory school function with written documentation of that from a teacher on school letterhead will be excused from that day.

\*\* Relays are chosen by the swimmers individual efforts and the four fastest make up the "A" relay, then next four the "B" and so on. In the winter season, all relays are chosen first using YARD times then meters. In the summer season, all relays are chosen first using METER times then yard. If individual times do not add up to the cuts, then we will review any relays swum in meets to see if they swam the cut together to make the relays. *This is not a change just an explanation.*

