What is Success for an Age Group Program?

Presented by Bill Christensen
Head Coach North Texas Nadadores
Southlake, Texas

Bill.Christensen@southlakecarroll.edu
What is success for an Age Group Program?

USA Swimming presents us with several quantifiable programs that help indicate success:

- Club Excellence
- Club Recognition
- Virtual Club Rankings
- Top 10 Rankings
- Age Group Motivational Time Standards

Locally and nationally, swim meets can also be used to indicate success:

- LSC Championships
- Sectional Championships
- National Championships
What is success for an Age Group Program?

- In USA Swimming, swim teams come in all shapes and sizes. Being the best of any of these categories for most clubs is not possible.
- So how does a club measure success?
- A Club’s success is measured by how well they meet the objectives from the Mission Statement and their Long-Term Goals.
NTN’s Mission Statement

- The North Texas Nadadores (NTN) mission is to continually work to create an environment which enables all of our swimmers, from novice to the international level, to have equal opportunity to:
  - Learn and improve at the fastest rate possible
  - Fulfill their maximum potential as competitors
  - Develop their highest character as individuals

“Our aim is not to produce champions, but to create an environment where champions are inevitable.” – Forbes Carlile
What kind of environment do you create?

- At NTN we want to create a place where:
  - Swimmers enjoy coming to practice and feel comfortable and confident
  - Coaching staff is positive, teaching 1st, and creative
  - There is enough space, time and resources to make learning successful
  - The surrounding staff (Parent Club, administration, etc.) support and help the environment improve
What affects your environment (positive or negative)?

Physical
• Space Available
• Practice Time
• Coach-Swimmer Ratio
• Required Travel

Atmosphere
• Positive/Negative
• Caring/Unresponsive
• Teaching/Training
How do you improve and/or change the Atmosphere?

- Know the names of all the swimmers
- Greet all the swimmers that walk by you
- Be sincere but come up with a “hook” when talking to swimmers
- Ask questions of them not related to swimming
- Refrain from showing or yelling in anger just because it makes you feel better
- When angry, try to find the positive
- Do not take things personally
- Work Hard
- Understand and be empathetic to everyone’s role, or better, be able to do everyone’s role.
  - Age group coaches
  - Meet Director
  - Officials
Mission Statement Objective #1:

- Learn and improve at the fastest rate possible
  - Create progressions for practice schedule, meet schedule, and training group structure
  - Develop practice plans (yearly, seasonal, and daily)
  - Incorporate other learning opportunities (goal setting, video, etc.)
  - Develop practice and meet performance goals
  - Determine and set practice group standards for move-ups
# NTN’s Training Group Progressions & Goals: 2013-2014 Short Course Season

### Starfish
- **Age:** 7-11
- **Recommended:** 66% attendance
- **TIME:** 4 practices offered
  - 3 hrs water/wk.
  - 45 mins dryland/wk
  - 15 mins classroom/wk
- **SKILLS:**
  - 80% technique
  - 20% training
  - 50% kicking
- **TRAINING:**
  - 1200-1600
  - 400-500 kick
  - intro to USA meets
- **FOCUS & GOALS:**
  - Love of Sport
  - Learn to be part of team
  - All 4 legal strokes
  - Balance & body control
  - 66% attendance
- **Recommended:** 45 mins dryland/wk
  - 15 mins classroom/wk
- **Skills emphasis:**
  - 80% technique
- **Training Focus & Goals:**
  - Love of Sport
- **Focus:**
  - Love of Sport
- **Focus:**
  - Learn to be part of team
- **Focus:**
  - All 4 legal strokes
- **Focus:**
  - Balance & body control
- **Attendance:**
  - 66%

### Rising Stars 1
- **Age:** 7-11
- **Recommended:** 66% attendance
- **TIME:** 6 practices offered
  - 6 hrs water/wk
  - 2 hrs dryland/wk
  - 0.5 hrs classroom/wk
- **SKILLS:**
  - 70% technique
  - 30% training
  - 50% kicking
- **TRAINING:**
  - 1600-2300
  - 7-800 kick
  - 1-2 meets/qtr.
- **FOCUS & GOALS:**
  - Set based practices
  - Skills emphasis
  - Begin aerobic development
  - Meet processes
  - 66% attendance

### Rising Stars 2
- **Age:** 11-14
- **Recommended:** 66% attendance
- **TIME:** 6 practices offered
  - 6 hrs water/wk
  - 2 hrs dryland/wk
  - 0.5 hrs classroom/wk
- **SKILLS:**
  - 70% technique
  - 30% training
  - 40% kicking
- **TRAINING:**
  - 2200-2600
  - 8-900 kick
  - 1-2 meets/qtr.
- **FOCUS & GOALS:**
  - Set based practices
  - Skills emphasis
  - Begin aerobic development
  - Meet processes
  - 66% attendance

### Yellow 1
- **Age:** 8-11
- **Recommended:** 75% attendance
- **TIME:** 6 practices offered
  - 7.5 hrs water/wk
  - 2+ hrs dryland/wk
  - 0.5 hrs classroom/wk
- **SKILLS:**
  - 60% technique
  - 40% training
  - 40% kicking
- **TRAINING:**
  - 2500-3600
  - 1000 kick
  - 1-2 meets/qtr.
- **FOCUS & GOALS:**
  - Establish aerobic base
  - Basic dryland & flexibility
  - Balance & motor learning
  - Practice & Race Strategies
  - 75% attendance

### Yellow 2
- **Age:** 11-14
- **Recommended:** 75% attendance
- **TIME:** 6 practices offered
  - 8.5 hrs water/wk
  - 2+ hrs dryland/wk
  - 0.5 hrs classroom/wk
- **SKILLS:**
  - 50% technique
  - 50% training
  - 33% kicking
- **TRAINING:**
  - 3400-4200
  - 12-1300 kick
  - 1-2 meets/qtr.
- **FOCUS & GOALS:**
  - Establish aerobic base
  - Basic dryland & flexibility
  - Practice & Race Strategies
  - Balance & motor learning
  - 75% attendance

### Navy
- **Age:** 10-14
- **Recommended:** 90% attendance
- **TIME:** 6 practices offered
  - 9 hrs water/wk
  - 2+ hrs dryland/wk
  - 45 mins classroom/wk
- **SKILLS:**
  - 30% technique
  - 70% training
  - 33% kicking
- **TRAINING:**
  - 4000-5000
  - 1300-1700 kick
  - 1 meet/month
- **FOCUS & GOALS:**
  - Increased aerobic work
  - Strong Dryland Training
  - Strk count & tempo chngs
  - Advanced Technique
  - 90% attendance

### Navy Elite
- **Age:** 11-14
- **Recommended:** 90% attendance
- **TIME:** 7 practices offered
  - 11 hrs water/wk
  - 2+ hrs dryland/wk
  - 45 mins classroom/wk
- **SKILLS:**
  - 30% technique
  - 75% training
  - 25% kicking
- **TRAINING:**
  - 4500-6000
  - 1500-2000 kick
  - 1 meet/month
- **FOCUS & GOALS:**
  - Cont’d Tech. Improvemnt
  - Advanced Dryland
  - Time Mngmnt/Nutr/Hydr
  - Aerobic Focus
  - 90% attendance
NTN’s Practice Group Requirements

**Starfish Group:** Entry Requirements:
- Age 7 years to 11 years of age
- Attendance – 2 practices per week
- Meets – Encouraged to attend meets
- Time Standard – No Meet standards
- Training Sets – Swim 8 x 50 @ 1:20, Kick 6 x 50 @ 1:45 and legal 100 IM

**Rising Stars 1 Group:** Entry Requirements:
- Age 7 years to 11 years of age
- Attendance – 2.5 practices per week
- Meets – Attend USA meets or Summer League
- Time Standard – recommended to have one (1) “B” cut
- Training Sets – Swim 10 x 50 @ 1:10, Kick 8 x 50 @ 1:30 and legal 200 IM

**Rising Stars 2:** Entry Requirements:
- Age 10 years to 14 years of age
- Attendance – 2.5 practices per week
- Meets – Attend USA meets or Summer League
- Time Standard – No standards for 11 & Overs, 9-10s have at least one (1) "B" cut
- Training Sets – Swim 12 x 50 @ 1:05, Kick 8 x 50 @ 1:30 and legal 200 IM

**Yellow 1:** Entry Requirements:
- Age 8 years to 11 years of age
- Attendance – 3.5 practices per week
- Meets – 1 USA meet per quarter
- Time Standard – 3 “BB” times or better from 9-10 age group standards
- Training Sets – Swim 7 x 100 @ 1:55, Kick 8 x 50 @ 1:15 and legal 300 IM

**Yellow 2:** Entry Requirements:
- Age 11 years to 14 years of age
- Attendance – 4.5 practices per week
- Meets – 2 USA meet per quarter
- Time Standard 11-14 three (3) “BB” times or better from 11-12 age group standards
- Training Sets – Swim 8 x 100 @ 1:40, Kick 10 x 50 @ 1:10 and legal 400 IM

**Navy:** Entry Requirements:
- Age 10 years to 14 years of age
- Attendance – 5.5 practices per week
- Meets – 2 USA meet per quarter
- Time Standard – 9-10s – one TAGS cut, 11-14s – 1 “A” or 5 “BB” times from 11-12, complete IMX Events
- Training Sets – Swim 10 x 100 @ 1:30, Kick 10 x 100 @ 2:10

**Navy Elite:** Entry Requirements:
- Age 11 years to 14 years of age
- Attendance – 6 practices per week
- Meets – 2 USA Meets per quarter
- Time Standard – Three (3) 11-12 TAGS Cuts, complete IMX Events
- Training Sets – Swim 10 x 100 @ 1:20, Kick 10 x 100 @ 1:50
# NTN’s Age Group Goal Setting

<table>
<thead>
<tr>
<th>My Best Time</th>
<th>Event</th>
<th>1st Goal Time</th>
<th>2nd Goal Time</th>
<th>3rd Goal Time</th>
<th>End of Season Goal Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>50 free</td>
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<td>400 IM</td>
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</tbody>
</table>

**HOW will you reach your goals??**

In practice every day I will:  
(Example: I make it past the flags underwater off of each wall every day)

1 -  
2 -  
3 -  
4 -

In practice each week I will:  
(example: "I will lead my lane for at least 2 sets each week")

1 -  
2 -  
3 -
Fulfill their maximum potential as competitors

- Make competition—from the very beginning—fun and positive.
- Maintain the positive
- Create a meet schedule appropriate for each level of swimmer.
- Educate parents on the importance of appropriate competition (some parents only want the blue ribbon, some parents feel their kids only perform well if they are “chasing”).
# NTN Winter Meet Schedule by Levels

**November to March 2013 – 2014**

## Novice Level Meets (Starfish, Rising Stars 1 & 2, Yellow 1 & 2)

<table>
<thead>
<tr>
<th>Date</th>
<th>Name of Meet</th>
<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 1 to 3</td>
<td>FAST BB/B/C at Mansfield</td>
<td>Swimmers without “A” times</td>
</tr>
<tr>
<td>Dec 13 to 15</td>
<td>NTN BB/B/C Meet at CISD</td>
<td>Swimmers without “A” times</td>
</tr>
<tr>
<td>January 11-12</td>
<td>BB/B/C Dual Meet with MARS</td>
<td>Sat at CISD, Sun at GCISD</td>
</tr>
<tr>
<td>February 28-Mar 1-2</td>
<td>Level 3 Champs at CISD</td>
<td>See below for group descriptions</td>
</tr>
</tbody>
</table>

## Age Group Level Meets (Yellow 1 & 2, Navy, Navy Elite, and Senior 2)

<table>
<thead>
<tr>
<th>Date</th>
<th>Name of Meet</th>
<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 8 to 10</td>
<td>“A” meet in The Colony</td>
<td>“A” times to swim in meet</td>
</tr>
<tr>
<td>Dec 6 to 8</td>
<td>COR Classic in Rockwall</td>
<td>“A” times to swim in meet</td>
</tr>
<tr>
<td>Jan 17 to 19</td>
<td>Greater Southwest Open in Rockwall</td>
<td>“A” times</td>
</tr>
<tr>
<td>Jan 18 to 20</td>
<td>Eastern Speedo Classic in Atlanta</td>
<td>“AA” times</td>
</tr>
<tr>
<td>Feb 21 to 23</td>
<td>Level 2 Champs at Mansfield</td>
<td>See below for group descriptions</td>
</tr>
<tr>
<td>March 7 to 9</td>
<td>TAGS in San Antonio</td>
<td>Qualifying times required</td>
</tr>
<tr>
<td>Feb 27 to Mar 2</td>
<td>Sectionals in A &amp; M</td>
<td>Qualifying times required</td>
</tr>
</tbody>
</table>
Mission Statement Objective #3:

- Develop their highest character as people
  - How do they handle winning and losing?
  - How do they perform in practice?
  - How do they treat other athletes, teammates, parents, coaches?
  - How do they balance school, swimming, and life?
## NTN’s Navy & Navy Elite Season Plan

<table>
<thead>
<tr>
<th>Week of</th>
<th>Cycle</th>
<th>Specific Focus</th>
<th>Meet</th>
<th>Thinking Thursday Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-Sep</td>
<td>Aerobic</td>
<td>Free Technique + Kick/Drill</td>
<td></td>
<td>Personal Narrative &amp; WHY they love swimming</td>
</tr>
<tr>
<td>16-Sep</td>
<td>Aerobic</td>
<td>Back Technique + Kick/Drill</td>
<td></td>
<td>Goal Setting Continued (Goal Meeting Sign-Up)</td>
</tr>
<tr>
<td>23-Sep</td>
<td>Aerobic</td>
<td>Fly Technique + Kick/Drill</td>
<td>9/28-29: Dual Meet w/ MARS</td>
<td>Values / Leadership</td>
</tr>
<tr>
<td>30-Sep</td>
<td>Aerobic</td>
<td>Breast Technique + Kick/Drill</td>
<td></td>
<td>Leadership Continued</td>
</tr>
<tr>
<td>7-Oct</td>
<td>Aerobic</td>
<td>IM + Skills + Kick/Drill</td>
<td></td>
<td>Time Management</td>
</tr>
<tr>
<td>14-Oct</td>
<td>Anaer-Aer</td>
<td>Tech/K + Walls/UWK/Breakouts</td>
<td>10/18-20: BB/BC Meet @Loos</td>
<td>Nutrition / Hydration</td>
</tr>
<tr>
<td>21-Oct</td>
<td>Anaer-Aer</td>
<td>Tech/K + Walls/UWK/Breakouts</td>
<td></td>
<td>Technology &amp; Sleep Habits</td>
</tr>
<tr>
<td>28-Oct</td>
<td>Anaer-Aer</td>
<td>Tech/K + Walls/UWK/Breakouts</td>
<td>11/1-3: BB/BC Meet @ Ft Worth</td>
<td>NO THINKING THURSDAY - HALLOWEEN</td>
</tr>
<tr>
<td>4-Nov</td>
<td>Anaer-Aer</td>
<td>Tech/K + Walls/UWK/Breakouts</td>
<td>11/8-10: A Meet @ The Colony</td>
<td>Failure &amp; Motivation</td>
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<tr>
<td>11-Nov</td>
<td>Anaer-Aer</td>
<td>Tech/K + Walls/UWK/Breakouts</td>
<td></td>
<td>Introduction to Stroke Counts</td>
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<tr>
<td>18-Nov</td>
<td>Aerobic</td>
<td>Tech/K + Stroke Counts: Repetitive Consistency</td>
<td></td>
<td>The Thankful Athlete</td>
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<tr>
<td>25-Nov</td>
<td>Aerobic</td>
<td>Tech/K + Stroke Counts: Repetitive Consistency</td>
<td></td>
<td>Training Mindsets - TUE due to Thanksgiving</td>
</tr>
<tr>
<td>2-Dec</td>
<td>Aerobic</td>
<td>Tech/K + Stroke Counts: Repetitive Consistency</td>
<td>12/6-8: COR Classic @ Rockwall</td>
<td>Training Mindsets Continued</td>
</tr>
<tr>
<td>9-Dec</td>
<td>Aerobic</td>
<td>Tech/K + Stroke Counts: Repetitive Consistency</td>
<td></td>
<td>Race Strategies &amp; Preparation</td>
</tr>
<tr>
<td>16-Dec</td>
<td>Aerobic</td>
<td>Tech/K + Stroke Counts: Repetitive Consistency</td>
<td>12/19-22: Elite Meet @ OKC</td>
<td>Managing Stress &amp; Conflict</td>
</tr>
<tr>
<td>23-Dec</td>
<td>Anaer-Aer</td>
<td>Tech/K + Tempo Changes - Christmas Break Training!</td>
<td></td>
<td>Introduction to Heart Rate Training</td>
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<tr>
<td>30-Dec</td>
<td>Anaer-Aer</td>
<td>Tech/K + Tempo Changes - Christmas Break Training!</td>
<td></td>
<td>Team Building / Game</td>
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<tr>
<td>6-Jan</td>
<td>Anaer-Aer</td>
<td>Tech/K + Tempo Changes</td>
<td>Dual BB/BC Meet</td>
<td>Travel Meet Preparation</td>
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<tr>
<td>13-Jan</td>
<td>Anaer/Sharpen</td>
<td>Tech/K + Tempo Changes</td>
<td>1/17-20: Dynamo @ Atl / GSW @ Rockwall (?)</td>
<td>Breathing</td>
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<tr>
<td>20-Jan</td>
<td>Aerobic</td>
<td>Tech/K + blend</td>
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<td>Freestyle &amp; Free Turns</td>
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<tr>
<td>27-Jan</td>
<td>Aerobic</td>
<td>Tech/K + blend</td>
<td>Meet??</td>
<td>Backstroke &amp; Back Turns</td>
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<tr>
<td>3-Feb</td>
<td>Aerobic</td>
<td>Tech/K + blend</td>
<td></td>
<td>Butterfly &amp; Open Turns</td>
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<tr>
<td>10-Feb</td>
<td>Aerobic</td>
<td>Tech/K + blend</td>
<td></td>
<td>Breaststroke &amp; Back to Breast Turns &amp; Pull-Outs</td>
</tr>
<tr>
<td>17-Feb</td>
<td>Anaerobic</td>
<td>Technique &amp; Skills</td>
<td>Level 3 Champs</td>
<td>Starts/Finishes</td>
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<tr>
<td>24-Feb</td>
<td>Anaerobic</td>
<td>Technique &amp; Skills</td>
<td>Level 2 Champs</td>
<td>TAGS Prep &amp; Info</td>
</tr>
<tr>
<td>3-Mar</td>
<td>Anaer/Sharpen</td>
<td>Sharpening</td>
<td>3/6-9: TAGS @ San Antonio</td>
<td>TAGS - NO THINKING THURSDAY</td>
</tr>
</tbody>
</table>
NTN’s Long Term Goal Statement:

“The NTN staff wants swimmers to have long-term success even beyond club swimming. Because of this, NTN is a technique and aerobic training based program. NTN swimmers strive to be well-rounded in all four strokes, the individual medley, and all distances. NTN teaches good sportsmanship and teamwork. NTN strives to create an environment where your swimmer(s) can reach all his or her goals.”
Is NTN achieving its long term goals?

- The NTN staff wants swimmers to have long-term success even beyond club swimming
  - Over 20 athletes competing in college
  - Successful post-grads
  - Proud of former NTN Swimmers not competing in college
Is NTN achieving its long term goals?

- NTN is a technique and aerobic training based program. NTN swimmers strive to be well-rounded in all four strokes, the individual medley, and all distances.
  - From the very 1st practice group to the National group, technique is always emphasized.
  - Virtual Team rankings can give you a snapshot of your versatility.
  - 1st page of the PDF of performance, it has the percentage breakdown of performance by stroke and distance.
Is NTN achieving its long term goals?

- NTN teaches good sportsmanship and teamwork
  - There are really no accurate measurements
  - Team Championship Season activities/parties
  - Rock Climbing/Mini-Biathlon
  - Team Size works well
Is NTN achieving its long term goals?

- NTN strives to create an environment where your swimmer(s) can reach all his or her goals
  - NTN is a community team 1st.
  - Strong ties with HS Swimming. Swimmers get the most out of HS swimming and USA Swimming.
  - NTN’s novice swimmers participate in a local summer league.
Summary:

• By having and following a Mission Statement and Long Term Objectives, NTN determines its own success

• Every Club can be considered successful, if it can create and execute its Mission Statement and Long Term Objectives

• Thank you to all coaches, parents, and swimmers that have helped in our success
Questions/Comments?

Thank You!

Please feel free to contact me with any questions:

bill.christensen@southlakecarroll.edu