Building a Successful Team and Culture From Novice to National
MISSION VIEJO
NADADORES

- **Sarah Dawson**
  - 11-12 Division Director
  - Been with MVN since Sept. 2009

- **Jacqueline O’Hagan**
  - Novice/Transition Director
  - Been with MVN since Sept. 2014
Structure of the Nadadores

- Swim School
  - Goal is to teach all 4 strokes to swimmers
  - Evaluated and placed onto team

- Novice/Transition
  - Learn more competitive technique
  - Learn how to read clock
  - Learn how to successfully complete a set
  - Must complete at least 2 meets

- Colored Groups
  - Different divisions based on ages
    - 8 and under
    - 9 and under
    - 11-12
    - 13-14
    - National/Pre-National
  - Competing in USA Swimming Meets
Parent Education

- Must go through a parent meeting before coming on the team
  - Expectations
  - Volunteer hours
  - Fundraisers
  - Practice schedule
  - Questions or Concerns
Expectations for different levels

- **Novice**
  - 8 and under
  - Working on legal strokes
  - Building endurance
  - Able to do meets
  - Introducing Swimming technique
    - Turns, dives, streamlines
- **Transition Blue**
  - 9 and over
  - Cementing good habits
  - Does meets
  - Same as Novice but more laps
    - Instead of 50, 100 warm up etc.
- **Transition Gold**
  - Final step to transition out
  - Working on reading the clock and knowing intervals
  - Building endurance
  - Learning how to do a set
    - Pacing
    - Understanding
    - Effort
  - Test sets
  - Does Novice/Trans Meets but also USA Swimming Meets
Meet Structure for Novice

- No DQs
- 8 and unders do 25s, 50 free, 100 free, and 100 IM
- Other swimmers 50s of stroke, 100 free, 100 IM and 200 Free
- No longer than 3 hours
- Trains parents as well as swimmers
  - How to read heat sheets, prepare their swimmers
- Must wear Nadador gear for team pride
Structured Novice Curriculum

- 10 week cycle
  - Then repeat
  - Makes sure every swimmer is taught the same skills
- Build upon skills with Skill of the Week! (SOTW)
  - Start w/streamlines, then streamlines with flipturns, etc.
- Repetition
- 2 strokes per week then review
- School Phrasing to tie in how they know to behave in school to swimming
  - Zoom in
  - Off task
  - “1, 2 eyes on you”
The Not So Perfect Swimmer

- Report Cards
- Behavior Modification
- Incentive Programs
- Work with the parents to develop a strong background for the future
### Gavin's Grand Challenge

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Points</th>
<th>Effort</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15-5:30</td>
<td>Stretching/Dryland</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>5:30-5:45</td>
<td>Warm-up/kicking</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>5:45-6:00</td>
<td>Skill of the week</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>6:00-6:15</td>
<td>Drills/Swimming</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

**Points Earned:** ______/40

**Rewards:**
- 35-40 Points=All privileges
- 30-34 points=earns half of privileges
- 29 and below=no privileges

**Following Directions Right Away/Listening**—Following directions within 5 seconds right away and keeping our head above water when the coach is talking. If you don't understand something, raise your hand.

**Effort**—Doing your best and trying 100% all the time even if you are frustrated and tired.
Transition Time

- Every 3-4 months
- Banquet to recognize accomplishments
  - Hand out certificates
  - Ceremony
- Meeting with Coach Siga to continue parent education
  - What now?
  - New set of expectations
- Building a continued sense of pride into the families
Expectations from other coaches

- Must complete test set (Trans Gold) for 9 and overs
  - Legal strokes and endurance for 8 and unders
- Must have meet experience
- Consistent legal strokes
- Behavior in practice
Getting the Swimmer to “Buy In”

- Make expectations known
- Confidence in themselves/their swimming ability
- Discipline
  - Expectations from me
  - Expectations from future coaches
- Positive Reinforcement
- Realistic Goals
Intrasquad Meets

- After successful completion of Novice Meets, move onto sanctioned meets
- All Nadadores in one pool competing
- Must be selected by coach to compete if in Novice/Trans
- Getting ready to move up if doing Intrasquad
Knowing Our USA Swimming National Team Members . . . Swimming with them Every Day

- Involving our age group athletes in meet and greets with our own teammates who are swimming on the international stage
- Showing that if you dream, you work, it IS possible!

Clockwise Top Right:
- Ashley Twichell
- Chad LaTourette
- Fran Crippen
- Chloe Sutton
NADADOR NIGHTS

A night that brings together ALL Nadadores and their families. Each Night has its own theme . . . From Parent Education Nights with various professionals (ie. Sport Psychologists, PT’s, Nutritionists, etc.), to Big/Littles Mentoring (as seen here).
Mentoring

• **BIGS:**
  • 13-14’s, Senior, Pre-National, National Team Members

• **LITTLES:**
  • Novice/Transition, 8 & Unders, 9-10’s and 11-12’s

• **Match Ups for Differing Events:**
  • Meets, Dinners, Practices, Relays

• **Why?**
  • Utilizing the older Nadador team members to mentor our up and coming athletes and help guide them through their swimming journeys
Exploring the Outdoors with a Team Hike
Nadador Open Water Training @ the Beach

Getting our feet wet EVERY season with an Open Water Practice at the Beach-

Once again, we have a mentoring program of Bigs and Littles
“Once a Nadador, Always a Nadador”

Honoring our Fellow Nadadores
A Staff that Cares . . . And a Boss that Supports Us and His Team