Pre-Team Spotlight
Splash and Developmental Program
Mission Statement

COM Aquatics Swim Team provides a safe and enjoyable environment where all swimmers have the opportunity to develop personal discipline and integrity. We share and instill passion for swimming while developing the athletes' internal motivation to reach their full potential in and out of the pool.
Vision Statement

COM Aquatics Swim Team is an Elite Age Group swimming program providing a safe environment for our swimmers to dream big, fail spectacularly and achieve as never before.
Core Values

Ambition
Courage
Integrity
Perseverance
Teamwork
Program Evolution
Team Structure and Size

<table>
<thead>
<tr>
<th>Year</th>
<th>Splash</th>
<th>Competitive Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>43</td>
<td>127</td>
</tr>
<tr>
<td>2010</td>
<td>39</td>
<td>126</td>
</tr>
</tbody>
</table>
Team Structure

- Splash 1
- Splash 2
- Dolphin 1
- Dolphin 2
- Junior 1
- Junior 2
- Senior

<table>
<thead>
<tr>
<th>Year</th>
<th>Splash</th>
<th>Competitive Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>32</td>
<td>115</td>
</tr>
<tr>
<td>2012</td>
<td>82</td>
<td>117</td>
</tr>
</tbody>
</table>
Team Structure

<table>
<thead>
<tr>
<th>Year</th>
<th>Splash</th>
<th>Comp. Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>147</td>
<td>121</td>
</tr>
</tbody>
</table>

- **Splash 1**
- **Splash 2**
- **Splash 3**

- **Dolphin 1 & 2**
  - 10 and unders
- **Junior 1**
  - 11-12 Yrs
- **Junior 2**
  - Top 11-12, 13-14
- **Senior**
  - Top 13-14, High School
Team Structure

- **Splash** 5-6 Yrs
- **Developmental 1** 7 and older
- **Developmental 2** 7 and older
- **Dolphin 1 & 2** 10 and unders
- **Junior 1 & 2** 11-12 Yrs
- **PreSenior 1 & 2** 13-14 Yrs
- **Senior High School**

**Year** | **Splash /Dev** | **Comp Team**
--- | --- | ---
2013 | 147 | 121
Learn-To-Swim
Learn to Swim Transition

- Established relationship with director
- Evaluated curriculum
- Recommendations for joining team
- Changed lesson levels
Group Details
Time Commitment
• Two Practices Per Week
  • 15 minutes dry land
  • 45 minutes swim

Financial Commitment
• $62- USA Swimming Registration
• $35- COM Aquatics Registration Fee
• $68- Monthly Dues

Family Commitment
• 8 Service hours per season
## Move Up Criteria

### Turning 7

**Curriculum**

<table>
<thead>
<tr>
<th>Freestyle</th>
<th>Backstroke</th>
<th>Breaststroke</th>
<th>Butterfly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Streamline with breakout Exhaling Underwater 3 Breath Count Consistent 4 Beat Kick</td>
<td>Streamline with breakout Thumb out pinkie in Straight arm recovery Consistent neutral head position Correct posture Continuous kick</td>
<td>Kick Pull Timing</td>
<td>Kick Pull Timing Breathing pattern of 1 down, 1 up</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Underwaters</th>
<th>Starts/Turns</th>
<th>General</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 dolphin kicks in a streamline underwater</td>
<td>Two handed open turn Forward start from block Back start from block Two handed open turn Flipturn at wall with pushoff</td>
<td>Read 1:00 intervals Core Values Circle Swimming Leaving 10 apart</td>
</tr>
</tbody>
</table>
Time Commitment
• Two Practices Per Week
  • 60 Minutes Swim

Financial Commitment
• $62- USA Swimming Registration
• $35- COM Aquatics Registration Fee
• $68- Monthly Dues

Family Commitment
• 8 Service hours per season
# Curriculum

<table>
<thead>
<tr>
<th>Freestyle</th>
<th>Backstroke</th>
<th>Breaststroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Streamline with breakout*</td>
<td>Streamline with breakout*</td>
<td>Kick</td>
</tr>
<tr>
<td>Exhaling Underwater*</td>
<td>Thumb out pinkie in*</td>
<td>Pull</td>
</tr>
<tr>
<td>3 Breath Count*</td>
<td>Straight arm recovery*</td>
<td>Timing*</td>
</tr>
<tr>
<td>Consistent 4 Beat Kick*</td>
<td>Consistent neutral head position</td>
<td>Underwater Pullout</td>
</tr>
<tr>
<td>Fingertips to bottom during pull</td>
<td>Correct posture</td>
<td></td>
</tr>
<tr>
<td>Consistent neutral head position</td>
<td>Continuous kick*</td>
<td></td>
</tr>
<tr>
<td>Relaxed recovery, prefer hand below elbow</td>
<td>Body rotation independent of head*</td>
<td></td>
</tr>
<tr>
<td>Breath timing</td>
<td>Stroke count*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fingertips pointing to the side during pull</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Butterfly</th>
<th>Underwaters</th>
<th>Starts/Turns</th>
<th>General</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kick</td>
<td>3 dolphin kicks in a streamline underwater*</td>
<td>Two handed open turn</td>
<td>Read 1:00, 1:05, 1:10, 55, 50 and 30 intervals</td>
</tr>
<tr>
<td>Pull</td>
<td>Maximum distance possible with fins</td>
<td>Forward start from block*</td>
<td>Core Values</td>
</tr>
<tr>
<td>Timing</td>
<td></td>
<td>Back start from block*</td>
<td>Circle Swimming</td>
</tr>
<tr>
<td>Breathing pattern of 1 down, 1 up</td>
<td></td>
<td>Two handed open turn*</td>
<td>Leaving 5-10 apart</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flipturn at wall with pushoff*</td>
<td>Swim continuous 200</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Goal Setting (team and individual)</td>
</tr>
</tbody>
</table>
Move Up Criteria

Freestyle skills
Early catch
Exhaling underwater during swim
Ability to breathe bilaterally
Swim with a 4-beat kick
Push off wall underwater in a streamline

Backstroke skills
Body rotation independent of head
Straight arm recovery, thumb out and pinkie in
Continuous kick
Push off underwater in a streamline

Breaststroke skills
Proper timing (pull, kick, glide)

Underwater skills
3 dolphins in a streamline underwater

Turn skills
Two handed open turn
Flip turn at wall with push off

Start skills
Start off the blocks

Test Sets
Swim 8 x 25 on 45
Kick 8 x 25 on 50

Meet Participation
2 Meets in previous season
Time Commitment
• Two Practices Per Week
  • 30 Minutes Dry Land
  • 60 Minutes Swim

Financial Commitment
• $62- USA Swimming Registration
• $35- COM Aquatics Registration Fee
• $68- Monthly Dues

Family Commitment
• 8 Service hours per season
## Curriculum

### Freestyle
- Catch at full extension*
- Stroke finish past the hip*
- Race Breathing
- Shoulder rotation*
- 6-beat kick*
- Streamline with 1 dolphin kick*

### Backstroke
- Fingertips pointing to the side during pull*
- High Elbow catch
- Streamline with 1 dolphin kick*
- Breathing pattern

### Breaststroke
- Legal Pull*
- Underwater Pullout*

### Butterfly
- Simultaneous Overarm recovery w/ or w/o fins*
- Feet together on kick*
- Streamline 1 dolphin kick*
- Breath Timing

### Starts/Turns
- Head first dive from block*
- Flipturn with pushoff underwater required, streamline prefered*

### General
- Read 1:15 and 1:45 intervals
- Technique through long quality swims
- Swim continuous 300
Move Up Criteria

Freestyle skills
Catch at full extension forward
Arm pull finish past the hip
Shoulder rotation of at least 15-20 degrees at full extension
Swim with a 6-beat kick
Push off underwater in streamline with one dolphin kick

Backstroke skills
Pull with fingertips toward the side of the pool
Push off underwater in streamline with one dolphin kick

Breaststroke skills
Legal pull motion
Complete underwater pull out.

Butterfly skills
Simultaneous over water arm recovery (with or without fins).
Feet together on kick.
Push off underwater in streamline with one dolphin kick.

Turn skills
Flip turn with push off underwater.

Start skills
Head first diver from site of pool or block.

Test Sets
10 and Unders:
Swim 6x50 on 1:20
Kick 6x50 on 1:30
11 and Overs:
Swim 8x50 on 1:10
Kick 8x50 on 1:20

Meet Participation
IMR Score
Competitive Opportunities
Competitive Opportunities

Short Course
• Friday Night Meets
• Halloween Meet
• Winter Invitational
• West Texas C Champs

Long Course
• Friday Night Meets (SCY)
• 1 Day Travel Meet (SCY)
• Summer Invitational
• West Texas C Champs (SCY)
Friday Night Meets

- COM swimmers only
- Non-threatening, positive environment to introduce athletes to competing
- Everyone swims on a relay
- Parent Friendly
  - 2 Hour max timelines
  - Mentoring program
  - Service hour opportunities
  - Fewer schedule conflicts than Saturday morning meets
Long Term Planning