

Parent Education Meeting Notes

February 18, 2010

Finals Meets

As per popular request this is a little message for anyone who was unable to make the parent education meeting on Feb 18th. The first topic is to make sure that everyone understands how swimmers qualify for different finals meets. We have talked about the time standards and how depending on the time that your swimmer achieved they are awarded C, B, A, CH, or Zone standards. If your child did not get any of these standards in an event, then they are allowed to attend a special meet, where all swimmers are in the same place. These are the Pre-C meets. Now while we are considering our finals meets, most swimmers will be eligible for a few different finals meets. That is to say that Zoe, for example, may have A and B cuts in the freestyle events, but C cuts in the back and breast events, and possibly Pre-C times in the fly and IM events. Zoe then can go to Pre-C finals for fly and IM, then (if under 12) C Finals in the back and breast events, and the AB Finals in the freestyle events.

The meets are set up so the faster meets follow the slower ones, this way the swimmers have the opportunity to make new cuts, and qualify for subsequent meets. Meet entries are usually due a week and a half prior to the meet, but they do not finalize anything until the Monday just before the meet. If you have a swimmer that makes a new time cut making them eligible for the upcoming meet we can get them in if we act quickly. For this reason I am encouraging parents to sign their swimmers up for the next meet they are eligible for, so I can automatically get them in. With Zoe if she makes C times at Pre-C Finals, I can enter her into those events for C finals; if she makes A or B times there, I can enter her into AB Finals; if she makes CH times there, I can get her into the State Meet.

With the State Meet, athletes DO NOT need Champ times to swim in relays. As long as we have one athlete who has qualified for the State Meet in an individual event the relay is legal. If your swimmer would be interested in swimming on relays at the State Meet, please sign them up. We are already looking for swimmers to participate in relays at State. It is always nice to be at a fast meet and watch the fast swimmers.

Taper

Taper was the next topic that we discussed; taper is a process in the season that will affect AG1, SRT, and SR groups. These groups have a conditioning component to their training that in essence pushes their bodies all year long. The intensity picks up in the last few weeks just before the big meet. After this heightened phase, we back off on the yardage, basically tricking the body into thinking that it is doing a lot of hard work, but in reality it is getting rest and recovering. As a result the body goes through a "Super compensation" where it performs better than ever. During this phase muscles heal, and excess energy gets stored. The trick is for the swimmer to rest during this period. It is also important to note that they are using less energy during practice, so they need to decrease how much they eat.

New Practice Times

There is another change that is coming with the end of the season. Starting on March 1st, our practice times are moving to earlier time slots. On Mondays and Thursdays we need to be out of the pool by 5:45, so in an effort to make practices work around school release times and pool availability, new practice times have been announced. Please check the calendar on our website for these changes. If you have an issue with when your group practices, please talk to your coach and we will do the best we can to help make accommodations for you.

Spring Session—Long Course Swimming

With the start of the next session, we move into the long course (LC) portion of the year. Our pool is made as a 25 yard pool, but during the spring and summer months USA Swimming encourages the International, or Olympic, sized distance of 50 meters. There are separate standards for these distances, which can be found on the MSI website, but if your athlete has achieved a time standard in the short course (SC) season (25 yard pool), they can attend the corresponding meet in LC. For example, Zoe has achieved A times in her freestyle events during her SC season, so she is allowed to swim those events at the A Only meet in the LC season. This does mean that most of our bigger meets that we attend over the summer will be at 50 meter pools, and most of these will be outdoors. If you have any questions about any of this, please contact Coach Ryan.