



Fall 2014

Monday, August 18, 2014

Our Staff- Professional, Organized, Excited

- **Head Coach- Jeff Gross**
- **Lead Administrator/ CFO- Nick Munsell**
- **Lead Gold- Cauli Bedran**
- **Lead Titanium/ Assistant Coach- Karl Shafer**
- **Lead Silver/ Mini-Rays- Sarah Maraskin**
- **Lead Bronze/ Mini-Rays- Chrissy Parker**
- **Assistant Coach- Pete Loveland**
- **Assistant Coach- Matt Durflinger**
- **Assistant Coach- Promita Chakraborty**
- **Aquatics Director/ Program Specialist- Sandy Stafford**



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Our Partners

SUN & SNOW



SWIMOUTLET
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Michigan Swimming



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OUR PROGRAM

Progressions, groups, training design and oversight.

Our Groups

Appropriate Progressive Development at Every Level

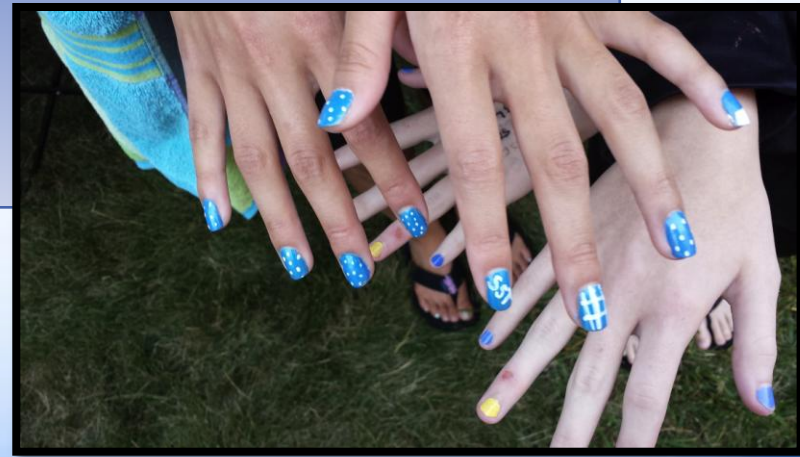


- Clean Streamlined Progressions
- Current Development Path
- Future Opportunities- Increased Training
- Group Requirements Clearly Outlined on Website
- Our Mission: great coaching and appropriate development for all swimmers

Introducing...

SST Titanium

- ☐ Gold Level Sister Program
- ☐ Dedicated Lead Group Coach- Karl Shafer
- ☐ No Minimum Attendance Requirement
- ☐ No USA Swimmer Registration Required
- ☐ Pilot for multi-tiered group stages
- ☐ Great Coaching on a well planned program



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Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Platinum Land 4 pm Water 5-7 pm	Platinum Land 4 pm Water 5-7 pm	Platinum Water 5-7 pm	Platinum Land 4 pm Water 5-7 pm	Platinum Land 4 pm Water 5-7 pm	Platinum Water 9-11 am	
Gold Water: 6-7:30 pm	Gold Land: 5:30-6 pm Water: 6-7:30 pm	Gold Water: 5:30-7:30	Gold Land: 5:30-6 pm Water: 6-7:30 pm	Gold Water: 6-7:30 pm	Gold Land 10:15 am Water 11a-1 pm	
Titanium 6:00-7:30 pm		Titanium 5:30-7:30 pm	Titanium 6:00-7:30 pm		Titanium 11 am-1 pm	
Silver 5-6 pm	Silver 6:30-7:30 pm		Silver 5-6 pm	Silver 5-6 pm	Silver 1-2 pm	
	Bronze: 5-6 pm	Bronze: 6:30-7:30 pm		Bronze: 6:30-7:30 pm	Bronze: 1-2 pm	
Mini-Rays (A) 5-5:45 pm		Mini-Rays (A) 5-5:45 pm			Mini-Rays (A) 11:00-11:45 am	
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (B) 11:45-12:30 pm	

PLEASE KEEP IN MIND:

- Training is at Saline High School unless otherwise indicated.
- Swimmers should report 10 minutes before scheduled time
- Mind the calendar- high school events and closings.
- Week Ahead

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Equipment Requirements



Kit List by Group

Bronze*	Silver	Gold/ Titanium	Platinum
<ul style="list-style-type: none"> • Water Bottle* • 2 Pair Goggles* • 2 Caps • Mesh Bag • Kick Board • Fins 	<ul style="list-style-type: none"> • Water Bottle • 2 Pair Goggles • 2 Caps • Mesh Bag • Kick Board • Fins • Snorkel • Pull Buoy 	<ul style="list-style-type: none"> • Water Bottle • 2 Pair Goggles • 2 Caps • Mesh Bag • Kick Board • Fins • Pull Buoy • Hand Paddles • Jump Rope • Snorkel 	<ul style="list-style-type: none"> - Water Bottle - 2 Pair Goggles - 2 Caps - Mesh Bag - Kick Board - Fins - Pull Buoy - Hand Paddles - Jump Rope - Snorkel - Zoomers - Ankle Band - Tempo Trainer

- Required for Silver and above- Recommended for Bronze
- CLICK Through- www.swimoutlet.com/salinestingrays



TRAINING

A Brief Glance Inside Our Program

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Macro Plan- Platinum

Week	Meso	Focus	Distance	Comp	Notes
1 (9/9)	1	Prep	20K		
2 (9/16)	1	Prep	25K		
3 (9/23)	1	Prep/ En	30K		
4 (9/30)	1	Endurance	30K		
5 (10/7)	2	Endurance	30K		
6 (10/14)	2	Quality	20K	SMAC	
7 (10/21)	2	Mixed	25K		
8 (10/28)	3	Endurance	30K		
9 (11/4)	3	Quality	20K		
10 (11/11)	3	Mixed	25K		
11 (11/18)	4	Endurance	30K	DCAC	
12 (11/25)	4	Quality	20K		Thanksgiving
13 (12/2)	4	Mixed	25K		
14 (12/9)	5	Endurance	30K	LCSC	
15 (12/16)	5	Quality	20K	CW	
16 (12/23)	1	Endurance	40K		X-MAS WEEK TRAINING
17 (12/30)	1	Endurance	40K		ABRIDGED

Platinum Micro Plan

Example Endurance Training Week

ENDURENCE WEEK						
M	T	W	TH	F	Sa	Su
					EN1/2 IM based prog. AT: IM Threshold Lactate Removal A1: Fly Skills A2: Aerobic Pull or Maintenance	
A1: Free skills/drills A2: Aerobic Kick A2: Form Pull- HVO Max (10)- Turns	A1/2: Underwater Skills AT: Main Stroke Threshold A2: BR Skills/ A2: Body Position Kicking	A1/2: Ba Skills A3: Aerobic Development Active Recovery/ Heart Rate (Later in Season) HVO-Max (10)	A2: Fr Skills AT: Free Threshold Aerobic Kick	A 1/2: IM Transitions A3: Distance Fr or Lactate Tolerance HVO Max (10)- Turns Maintenance Kick or A2		

Seasonal Planning- Age Group (Micro and Macro)

Weekly

The 5-Day Rotational Plan (General)- no particular daily order

	Day 1	Day 2	Day 3	Day 4	Day 5
Stroke Skills	U/W Skills	Fr Skills	Br Skills	Ba Skills	Fly Skills
	Fr Skills	Br Skills	Ba Skills	Fly Skills	U/W Skills
Specifics	Fr/ Ba Turns	Starts	Open Turns	Fr/ Ba Turns	Finishes
Energy System	Aerobic Kick	Endurance Base	Aerobic Kick	Endurance Base	Body Position Kick
	Aerobic Base	Speed Development	Aerobic Base	Speed Development	Endurance Base

Seasonal

Seasonal Breakdown

	Skills	Aerobic
August-September	80%	20%
September-October	70%	30%
November-January	60%	40%
February-March	50%	50%
April-May	40%	60%
June*	80%	20%

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Competition



- USA Swimming
- SMSL (Southern Michigan Swim League)
- Competition is Required for all Swimmers above Mini-Rays Level
- Competition Available for Mini-Rays as well!



USA Swimming provides competitive opportunities for a wide range of abilities. There is truly something for everyone in the world of USA Swimming!

www.usaswimming.org

- Increasing Team Involvement
- Continuing Team Growth
- Required for Platinum and Gold Groups
- **STRONGLY URGED** for Silver Group
- All Swimmers legal in most strokes welcome
- Registration Process
- Varied Competition
- Travel Meet Opportunities



Southern Michigan Swim League (SMSL)



Coach's
Discretion

- Age-Up Date
- Meet Format
- General Schedule
- Communication

Reigning SMSL
Champs



Minimum
Requirement to
Swim in Champs

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Communication

- Back Office
- Monthly News Letter/ Week Ahead
 - Pool/ Training Concern
 - Chain of Command
- When in doubt... contact Nick
(munselln@salineschools.org)
 - Team Unify (next slide)



NEW WEBSITE- Team Unify Platform

www.salineswimteam.com



- Online Registration
- Online Meet Sign-up
- Online Volunteer Coordination
- Increased Communication Power
- OnDeck Parent App
- Fundraising + Online Store
- Integration with Social Media

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Volunteering



- ☐ Team can not run without volunteers
- ☐ Something for everyone
- ☐ Family Requirement
- ☐ Volunteering Tax
- ☐ Goal to Host USA Meet in 1 year
- ☐ How to Register

SST Social



@salineswimteam



Facebook.com/
salineswimteam

Important Dates

- **8/18** Platinum Pre-season training begins ([See schedule](#))
- **8/18** 2nd evaluation day 5-6 pm
- **8/18** "New" swimmer parent meeting 6:15 pm
- **8/19** "Returning" parent meeting 7:15 pm
- **8/20,8/22** "New" swimmer on ramp (Bronze/Silver 5:15-6 pm, Gold/Titanium 6-6:45 pm)
- **8/26** First official day of training
- **8/27** First official Mini-rays practice. All should arrive at 5 pm for A/B group placement.
- **8/28** Fall SST Kick-Off Party 6 pm (details TBA)

Miscellaneous

- ☐ Team Suit/ Warm-Up/ Caps/ T-Shirt/ Branded Clothing Order
- ☐ Attendance
- ☐ A word about Private Lessons
- ☐ Competition Requirement
- ☐ Parents on the Pool Deck/ Interacting with Coaches During Training
- ☐ Parents at Meets
- ☐ A word about Multi-Sport Athletes



Auxiliary Programming... and shameless plugs.

- Hornet Triathlon**
- Private Swim Lessons**
- In-Season Clinics**
- Vacation Swim Camps**

Save the date...

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Season Kick Off Party

Thursday, August 28th, 6 pm
Saline High School

THANK YOU!

Questions?

A stylized yellow stingray is positioned diagonally across the text, pointing towards the upper right. Its body is a solid yellow shape, and its tail is a thin yellow line.

SALINE
STINGRAYS
SWIM TEAM