



FALL/WINTER 2011/12

LETTER FROM COACH HILARY

Dear MAAC Parents:

Thank you for joining and becoming a member of MAAC! We are happy to have you and your swimmer(s) be a part of our club.

MAAC is an athlete centered competitive program which focuses on what is best for the swimmer. It is our job as coaches to meet the needs of the individual swimmer and help them achieve their goals in the pool. Not only do we care for them as an athlete but most importantly as an individual.

The coaches would like to establish an open communication policy with parents and swimmers. It is important that the coaches understand the goals of the swimmer as well as the goals of the parents. Please don't hesitate to contact the coach by phone, email or before or after practice with questions or concerns.

It is the expectation of the coaches that practice begin on time. Please have your swimmer arrive at least fifteen minutes prior to practice. This allows the swimmer to change, shower, get their cap and goggles on, and put in the lane lines. Running a well organized practice is essential to the swimmers success and it makes it much easier for the team when all swimmers begin practice at the same time.

Practice attendance is extremely important to the swimmer's success. In order to become a faster swimmer it is important to learn proper technique, build endurance, and gain speed. These three components cannot be met if the swimmer does not attend practice on a regular basis.

The season is set up in three main phases for the juniors and seniors. The first phase is the technique and aerobic endurance phase. In this phase we focus on proper stroke technique and development as well as working on aerobic endurance. It is important for the swimmers to have proper technique in order to be as efficient as possible in the water by decreasing resistance, increasing propulsion, and preventing injuries. The second phase is the anaerobic phase. This is the hardest part of the season and the most tiring for the swimmers. The coaches will be increasing the intensity and amount of yards in each practice. The final phase is the speed and taper phase. In this phase the coaches will be decreasing the yards and giving the swimmers additional rest in order to peak the swimmers for their final meet in hopes they will swim a best time at their last meet. In this phase practice could be done a little early due to the decrease in yards.

The most important aspect for the Flyers and Minis is kicking and stroke development. Their practices are not broken into phases because learning proper technique is more important than the amount of yards being completed. The Flyers and Minis can expect a lot of kicking and stroke drills. It is also important that the swimmers at this age are enjoying swimming so more games will be played in these two groups.

The goal of practice is to prepare the swimmer for competition. Meets are a great way to see your child progress and to watch their hard work pay off. It is recommended that your child compete in at least three meets throughout the season, with one of them being a finals meet.

As always, if you have any questions or concerns please feel free to contact a board member or your swimmer's coach.

Hilary Wilde
Head Coach