



Welcome –

1. Brief Introduction
2. STINGRAYS SPEEDO SUIT Policy  
Stingrays MUST wear a BLACK SPEEDO suit for ALL competitions below Senior State. For Championship Meets Tech suits (Senior State and higher), ONLY SPEEDO colored or pattern allowed. Speedo is our team sponsor, and we must abide by our contract.
3. Financial, Job Sign up, Safe Sport Policies – website.
4. Questions –
  - a. General
    - i. Saturday workouts are open for you to come and watch.
    - ii. Parent meetings in Fall and Spring, so there are no assumptions about our plans.
    - iii. Vacations – best times August-September; Spring Break and early May
    - iv. Nutritionist and Yoga
    - v. Saturday Breakfast Club
  - b. Coaches Meet Goals
    - i. Improve each opportunity to race. What is improve mean?
    - ii. PMS (Pre Meet Syndrome) (how they handle pressure), Perform skills (starts, turns, underwaters, etc.), Technique (stroke, kicking), Race Plan (splitting, tactics, etc.), Time (only used to get into a meet) and PMR (Post Race Syndrome (how they handle winning, losing, disappointment, etc.)
  - c. Coaches Thoughts
    - i. “Connect – Listen – Inspire – REPEAT”
    - ii. Parents must be supportive; don’t break the confidence. Building an athlete's confidence takes a long time; one wrong word or action can break it.
  - d. College Swimming
    - i. Apply to schools where you are or close to the top 24 times at their conference meets (2% rule). Look at all the schools at that conference.
    - ii. Athlete-driven – fill out college online forms, then email the coach.
    - iii. Start now.
    - iv. Keep correspondence regularly (even if they don’t reply)

Ian's office is 770-325-7292 ext. 0 or mobile/text 770-310-1312

Website [www.stingraysswimming.com](http://www.stingraysswimming.com)

Twitter #rayscoach Facebook stingrays swimming.

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## NATIONAL + Futures Group

**\*Optional to join but compulsory to attend.**

### **FUTURES - Optional to join but compulsory to attend**

The FUTURES group is for swimmers generally ages 15 years and older who are invited into the group by their coach's discretion and meet these standards:

- Preceding 12 months Attendance level of over 80% in all workouts in the prior group
- TBD (under review)

This group is expected to be a cohesive training group that works together to assist the most dedicated and motivated swimmers to reach their individual goals and begin to expand those goals. Practice goals are geared toward achieving USA Future times and beyond. Swimmers will exhibit leadership skills in and out of the pool and represent the Stingrays to the best of their ability. Swimmers will challenge themselves in the workout and must demonstrate an ability to balance activities and school with swimming.

Futures swimmers compete in our home swim meets and their highest championship competition. Additional competitions are strongly encouraged and will be used to help gauge future placement.

Coaches Expectations:

- Up to Eight workouts per week
- 100% attendance is expected, but swimmers **must maintain an attendance of 80%+ for all workouts.**
- Attend all practices for optimal results and skill retention.

### **NATIONAL - Optional to join but compulsory to attend**

Swimmers are generally aged 15 years and older and are invited into the group at their coach's discretion and meet these standards:

- 12 months Attendance level of over 85% % in swim workouts in the prior and **MUST** sustain 85% in the National Group
- Qualifying for the USA Swimming Futures Championships with preferably an LC time standard

This group will be a cohesive training group that works together to assist the most dedicated and motivated swimmers to reach their individual goals and begin to expand those goals. Workout goals are geared toward achieving USA Junior National times and beyond. Athletes will have clearly defined goals, high aspirations, good time management skills, and a willingness to pursue their dreams and goals. NATIONAL swimmers participate in our home swim meets, travel trips, any planned swim camps, and their highest championship competition.

Coaches Expectations:

- Up to Ten workouts per week
- 100% attendance is expected, but swimmers **must maintain over an attendance of 85%+ for all workouts.**
- Attend all workouts for optimal results and skill retention.

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### National + Futures Group Code of Conduct

As a Team Member of the Stingrays National and Futures Group, I agree to abide by:

- Commit to the team mission, group parameters, and team goals.
- Attending and conscientiously applying myself to all \*required workouts, swim meets, and meetings unless excused by my coach.
  - Failure to not maintain the group's attendance may cause you to be moved to the Senior group.
- Consistently display Respect, Honesty, and Sportsmanship toward coaches, teammates, meet officials, volunteers, chaperones, parents, and competitors.
- Follow and adhere to Stingrays Swimming Safe Sport guidelines.
- Consistently display a positive and supportive attitude
- Maintain a lifestyle that will allow proper sleep, rest, and nutrition necessary for maximum performance at workouts and meets.
- Refrain from any inappropriate or unacceptable behavior, including.
  - PDA
  - Deck Changing
  - Display or use of any aggressive behavior
  - Use of any tobacco products, alcohol, or illegal drugs
  - Any illegal activity
  - Any activity that would detract from a positive image of our team.
  - Comments of a sexual nature or innuendo and offensive language

Any infraction of this code may result in, but not be limited to, the following actions.

- Restricted from any further team activity that day.
- Restricted from any further team activity for a designated period.
- Placed on probation for a designated period.
- Dismissed from team activities for a designated period.
- Dismissal from the team

Athlete Print Name: \_\_\_\_\_

Athlete Sign Name: \_\_\_\_\_

Athletes Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Workout Philosophy (PTS) - "Pounding the Stone"

**Competition Philosophy - Podium Racing** – whatever it takes.

**Six conditions must be addressed when the athlete moves to the National Group.**

1. Attend workouts meetings, camps, and meets  
\*Optional to join but compulsory to attend  
\* Discipline + Dedication
2. Pay attention  
\* Respect
3. Be truthful and honest  
\* Honesty
4. Be true to and celebrate and honor your talent and team  
\* Loyalty
5. Respect your competition
6. No alcohol or drugs

**These questions must be addressed to the athlete.**

- a. What are your goals (competition) and targets (training), and do they match up?
- b. What are you prepared to do to achieve the above?
- c. What do you expect from me as a coach?
- d. What will you bring to the program regarding consolidated or added value?

## **BE INVINCIBLE IN ATTITUDE AND SUPERIOR IN SKILL!**

### **Three critical areas for athlete development**

1. Talent and Skill
  - Talent is a God-given hereditary skill.
  - Quality skills are learned through a systematic progression
2. Work Ethic (PTS)
  - Is the athlete able to work and willing to work – every workout?
  - The ideal situation is the combination where the athlete is both able to and willing to work at their talent levels or higher – every workout.
3. Mental Strength (Performance under Pressure) (Podium Racing)
  - The third, and I believe most important if the talent and skills are equal in all athletes, is mental strength. This is where performance under pressure decides between achieving or under-achieving.
  - there are no restrictions, limits, or boundaries for winning.

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Athlete Development (after ages 13 Girls and 14 Boys)

**YOUR CHOICE**

**60% - 70% attendance of planned workouts (swim + dry)**

- Enjoyable & Fun, Social, Healthy, Team aspect, small investment significant return, big improvements at first, but not sustainable

**70% - 85% attendance of planned workouts (swim + dry)**

- Frustration, too much for the above group, too little for the below group, unfulfilled dreams, mediocrity, popularity ahead of the performance, improvements made but not sustainable long-term.

**85% - 100% attendance of planned workouts (swim + dry)**

- Committed, expectations high, long-term sustainable results. (podium preparedness)

**RAYS 2023-24 SHORT COURSE PRACTICE SCHEDULE**

**@ Cobb County Aquatic Center (CAC)**

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National & Futures	4:00-6:45 pm (incl. Dry)	4:00-6:45 pm	4:00-6:45 pm (incl. Dry)	4:00-6:45 pm	4:00-6:00 pm	6:45-9:45 am (incl. Dry)
AM		5:20-6:45 am		5:20-6:45 am		

**\*Discuss morning plan**

**\*\*Monthly Calendar <https://www.gomotionapp.com/team/gsrays/page/news/cac>**

**\*\*\* Discuss Meet Calendar approximately “12 racing opportunities.”**



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## RAYS MEET SCHEDULE 2023-2024 NATIONAL AND FUTURE GROUPS

Date	Meet	Location	Qualifications
10/14-15	ABSC Invite TF	Athens, GA	OPTIONAL
11/11-12	<b>RAYS IMX Invite TF</b>	MVAC	All
12/01-03	Senior State PF	GA Tech	Qualify
12/06-09	USA Swimming Junior Nationals	OSU	Columbus, OH
12/08-10	TWS Invite PF	MVAC	All
01/13-14/2024	<b>31<sup>st</sup> Coaches Invite TF</b>	MVAC	All
02/06-10	HS State PF	GA Tech	Qualify
03/07-10	Best Of The South	Augusta, GA	Qualify
03/21-25	Central Divisional PF	Dynamo	All
03/29-04/07	<b>SPRING BREAK</b>		
04/27-28	<b>RAYS LC Invite TF</b>	MVAC	All
05/10-12	DYNAMO Invite	Dynamo	All
05/17-19	Atlanta Classic	GA Tech	Qualify
05/31-6/02	Bulldog Grand Slam	UGA	Qualify
06/15-23	USA Swimming Olympic Trials	Indianapolis, IN	Qualify
06/28-30	<b>Stu Hixon 16<sup>th</sup> Invite PF</b>	MVAC	All
07/07-09	DYNA Coda Invite PF	DYNA	If needed, State QT
07/23-27	Summer Championships (tentative)	Irvine, CA	Qualify
07/24-28	NCSA Championships (tentative)	Indianapolis, IN	Qualify
07/24-28	USA Swimming Futures (tentative)	Huntsville, AL	Qualify
07/26-28	Senior State PF	UGA	Qualify

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## 7 Habits of Highly Effective Swimmers (Coaches and Parents)

### ***Habit 1 – Be Proactive (you're in charge)***

I am a responsible person. I take the initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

### ***Habit 2 – Begin with the End in Mind (have a plan)***

I plan and set goals. I do things that have meaning and make a difference. I am essential to my team and contribute to our mission and vision. I look for ways to be a good teammate.

### ***Habit 3 – Put First Things First (work first, then play)***

I spend my time on the most important things. This means I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organized.

### ***Habit 4 – Think Win-Win (everyone can win)***

I balance courage for what I want with consideration for what others want. I make deposits in other Emotional Bank Accounts. When conflicts arise, I look for third alternatives.

### ***Habit 5 – Seek First to Understand, Then to Be Understood (listen before you talk)***

I listen to other people's ideas and feelings. I listen to others without interrupting. I am confident in voicing my ideas. I look people in the eye when talking and listening.

### ***Habit 6 – Synergize (together is better)***

I value other people's strengths and learn from them. I get along well with others, even people different from me. I work well in groups. I seek out other people's ideas to solve problems because I know that by teaming with others, we can create better solutions than we can alone. I am humbled.

### ***Habit 7 – Sharpen The Saw (balance feels best)***

I care for my body by eating, exercising, and sleeping well. I spend time with family and friends. I learn in many ways and places, not just in the classroom or pool. I find meaningful ways to help others.