

USC Training & Competition Guide Spring/Summer 2017

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Training Groups

Beginner Group

Who

Younger age group athletes (~11 & under) who are new to the sport and still developing proficiency in all four strokes and their basic racing skills.

Requirements

Swimmers must be able to swim 2 laps of the pool continuously in two different stroke disciplines (likely freestyle and backstroke).

Expectations

- Beginners should attend 2-3 practices a week
- Beginner athletes should attend at least 2 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Beginner swimmers should attempt the IMX challenge in order to encourage meet participation and development in all four strokes.
- Those who qualify will be expected to compete in the Lake Erie Age Group Championship.

Training Focus

Practices will be primarily instructional, focus on stroke instruction, race skill development, and basic practice skills (understanding how to read a clock and understand workout lingo)

Equipment

None needed. Kickboards and fins will be provided.

Intermediate Group

Who

Age group athletes (~13 & under) who know all four strokes and are ready both physically and mentally for basic conditioning, but also still require some stroke and skill development.

Requirements

Swimmers must know all four strokes (though may still need some technical development) and be prepared to do basic endurance training and sprint work.

Expectations

- Swimmers should attend 3-4 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Swimmers should complete the IMX challenge for their age group in order to encourage meet participation and well-rounded development.
- Those who qualify will be expected to compete in the Lake Erie Age Group Championship.

Training Focus

Practices will still be heavily instructional, but intermediate swimmers will be introduced to basic conditioning. They will develop basic strength and aerobic capacity needed to maintain technique over longer distances, as well as some sprint swimming.

Equipment

None needed. Kickboards and fins will be provided.

Advanced Group

Who

Age group athletes (~14 & under) who have a solid foundation in all four strokes and are ready to be introduced to higher intensity endurance training. This group will also include middle school and high school athletes who are ready for harder training but still require stroke and skill development.

Requirements

Swimmers must know all four strokes, have demonstrated consistent training habits, have achieved multiple 11-12 NAG A Times, and be mentally ready for a greater commitment to the sport.

Expectations

- Swimmers should attend 4-5 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Swimmers should complete the IMX challenge for their age group in order to encourage meet participation and well-rounded development.
- Those who qualify will be expected to compete in Lake Erie Age Group Championship and should strive to qualify for the Lake Erie Zone Team. High School athletes will be expected to compete in the Lake Erie Senior Championships.

Training Focus

Advanced swimmers will have a greater emphasis placed on basic conditioning and will be introduced to high intensity endurance training used more predominantly in the senior group. Advanced swimmers will still focus on technical development and perfecting race skills.

Equipment

Swimmers will be asked to purchase their own snorkel. Fins, paddles, and kickboards will be provided at the pool, though you may purchase your own.

Senior Group

Who

Older athletes (15 & over) who are experienced swimmers with a strong technical foundation and are ready for the training and commitment needed to strive for success at the highest levels of the sport. This group will also include elite age group athletes who are ready both mentally and physically to train at a high level.

Requirements

Swimmers must have a strong technical foundation in all four strokes, have demonstrated consistent training habits previously, have achieved multiple 15-16 NAG A times, and have goals to compete in regional meets beyond the Lake Erie Senior Championships, including Central Zone Sectionals, NCSA Junior Nationals, and beyond.

Expectations

- Swimmers should attend 5-6 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- All athletes will be expected to swim at Lake Erie Senior Championships.
- Athletes should have goals to qualify and compete in regional meets beyond Lake Erie Swimming, starting with Central Zone Sectionals up to US Nationals.

Training Focus

Athletes in this group will focus on developing the fitness levels needed to compete at the highest levels of the sport, including basic aerobic capacity and endurance, anaerobic power and endurance, and sprint training. We will focus on perfecting technique and race execution. Senior athletes will have morning workouts and weight lifting opportunities available to them.

Equipment

Swimmers will be asked to purchase their own snorkel. Fins, paddles, and kickboards will be provided at the pool, though you may purchase your own.

Practice Schedule

Euclid: Spring

April 3rd – June 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Senior (Lifting) 5:45 – 7:00		Senior (Lifting) 5:45 – 7:00		Senior 5:45 – 7:00	All 8:00 – 10:00
PM	Adv & Sr 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	Adv & Sr 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	Adv & Sr 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	Adv & Sr 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	Adv & Sr 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	

Euclid: Summer
June 5th – August 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<i>All groups at Mentor</i>	<i>All groups at Mentor</i>	<i>All groups at Mentor</i>	<i>All groups at Mentor</i>	<i>All groups at Mentor</i>	<i>All groups at US</i>
PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:30 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:30 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:30 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:30 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:30 PM	

University School: Spring
April 3rd – June 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM	<i>Practice for Sr group at Euclid</i>		<i>Practice for Sr group at Euclid</i>		<i>Practice for Sr group at Euclid</i>	<i>All groups at Euclid</i>	
PM	Adv & Sr 3:45 – 5:45 PM Beginner 4:15 – 5:15 PM Intermediate 4:15 – 5:45 PM	Adv & Sr 3:45 – 5:45 PM Beginner 4:15 – 5:15 PM Intermediate 4:15 – 5:45 PM	Adv & Sr 3:45 – 5:45 PM Beginner 4:15 – 5:15 PM Intermediate 4:15 – 5:45 PM	Adv & Sr 3:45 – 5:45 PM Beginner 4:15 – 5:15 PM Intermediate 4:15 – 5:45 PM	Adv & Sr 3:45 – 5:45 PM Beginner 4:15 – 5:15 PM Intermediate 4:15 – 5:45 PM	<i>All groups at Euclid</i>	

University School: Summer
June 5th – August 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM	<i>All groups at Mentor</i>	<i>All groups at Mentor</i>	<i>All groups at Mentor</i>	<i>All groups at Mentor</i>	<i>All groups at Mentor</i>	All Groups 7:00 – 9:00 PM	
PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:00 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:00 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:00 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:00 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM Adv/Sr 5:30 – 7:00 PM	<i>All groups at Euclid</i>	

Mentor Civic: Summer (Long Course)
June 5th – August 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM	Adv & Sr (Main Practice) 6:00 – 8:00 AM Intermediate 6:00 – 7:30 AM	Adv & Sr (Main Practice) 6:00 – 8:00 AM Intermediate 6:00 – 7:30 AM	Adv & Sr (Main Practice) 6:00 – 8:00 AM Intermediate 6:00 – 7:30 AM	Adv & Sr (Main Practice) 6:00 – 8:00 AM Intermediate 6:00 – 7:30 AM	Adv & Sr (Main Practice) 6:00 – 8:00 AM Intermediate 6:00 – 7:30 AM	Adv & Sr (Main Practice) 6:00 – 8:00 AM Intermediate 6:00 – 7:30 AM	<i>All groups at US</i>

Meet Schedule

Date	Meet	Location	Qual Times	P/F	Beg	Int	Adv	SR
MAY 13	YSU LC Season Opener	Youngstown	-	-	X	X	X	
JUNE 3-4	CCS Age Group & Open	Canton	-	-	X	X	X	X
JUNE 9-11	Flag City Summer Invite	Findlay	-	-	X	X	X	
JUN 15-18	Holtrey Invite	Geneva (SPIRE)	TBD	P/F		X	X	X
JUN 30 – JUL 2	Freedlander*	Wooster	-	-	X	X	X	X
JULY 4	Panther Freedom Relays	Euclid	-	-	X	X	X	X
JULY 8-9	Avon Classic	Avon	-	-	X	X	X	
JULY 14-16	Mid Summer Dash	Canton	TBD	P/F		X	X	
JULY 19-22	CZ Section 3 Champs	Columbus (OSU)	Sectionals	P/F				X
JULY 21-23	LE Age Group Champs	Cleveland (CSU)	NAG B	P/F	X	X	X	
JULY 28-30	LE Senior Champs	TBD	NAG B	P/F			X	X
AUG 1-5	NCSA Summer Nationals	Indianapolis, IN	NCSA	P/F				X
AUG 3-6	Central Zone AG Champs	Pleasant Prairie, WI	AAA	P/F		X	X	
AUG 2-6	US Open	East Meadow, NY	US Open	P/F				X
AUG 8-12	USA JR Nationals	East Meadow, NY	US Jr Nats	P/F				X

*We will be camping again at Freedlander all weekend. This a fun time for everyone, and a great USC tradition. For the SR/ADV kids, we are treating this meet as a mini training camp: workouts in the AM before the meet starts before getting off the blocks in the afternoon session. More info as the date approaches.

Overview of Championship Meets

Lake Erie Championships

Lake Erie Swimming, Inc. (LESI) is the USA Swimming affiliated Local Swim Committee (LSC) serving the following counties in Northeast Ohio: Ashland, Ashtabula, Crawford, Cuyahoga, Erie, Geauga, Huron, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawas and Wayne. LESI hosts multiple championship meets that are separated by age and ability.

Lake Erie Age Group Championships (July 21-23, Cleveland State University)

This is the LESI championship for all athletes between the ages of 8 and 14. Swimmers must qualify for this meet by achieving a qualifying time throughout the season (typically B). This will be the final meet of the season for our Age Group Athletes unless you have qualified for Zones.

Lake Erie Senior Championships (July 28-30, location TBD)

This is the LESI for all athletes over the age of 14. Swimmers must qualify for this meet by achieving a qualifying time throughout the season (typically B). This will be the final taper meet of the season for our older athletes who have not achieved a qualifying time for a national meet.

Regional & National Meets

More advanced swimmers will have the opportunity to qualify to elite regional or national level meets that include more LSC's than just LESI, from meets encompassing the entire Midwest region of the United States to the entire country.

Central Zone Championships (aka "Zones", Aug 3-6, Pleasant Prairie, WI)

This is the championship meet for age group athletes throughout the entire Central Zone, which includes swimmers from all over the Midwestern United States. This meet takes place every summer, usually in August. To qualify, swimmers must achieve a AAA time in any given event for their age group. At this meet, swimmers will not represent USC, but will rather join their fellow local athletes to represent team "Lake Erie".

Central Zone Speedo Championship Series (aka "Sectionals", July 19-22, OSU, Columbus, OH)

This is an elite level championship meet for all senior swimmers from Indiana, Michigan, and Ohio, and typically teams from outside our region. This is considered a "national" meet; the first in USA Swimming national championship series, before Futures, Jr National, the US Open, and USA Nationals.

NCSA Summer Nationals (Aug 1-5, IUPUI, Indianapolis, IN)

This is a national championship meet for athletes 18 & under hosted by the National Club Swimming Association. This meet includes swimmers from all over the country and routinely features future Olympians and US National Team Members. To qualify swimmers must achieve NCSA qualifying times. This is comparable to USA Futures, but is better attended and historically run very well, so we opt for this instead.

USA Swimming Jr. National Championships (Aug 8-12, East Meadow, NY)

This is the official national championships for all athletes 18 & Under in the United States. This is the final stepping stone to competing at the United States National Championships and qualifying for the United States Olympic trials. To qualify swimmers must achieve a "Jr Nats" qualifying time.

USA Swimming National Championships (Summer 2017)

The U.S. Open Swimming Championships, or U.S. Open, is a championship meet organized by USA Swimming which is open to international teams/swimmers.

IMR & IMX Challenge

The IM challenges are an incentive program sponsored by USA Swimming in order to encourage athletes to swim events of every stroke discipline and longer distances in order to develop well rounded swimmers and encourage meet participation. Each swimmer who completes all of the events on the IMR and IMX challenge checklists (outlined below) will get a certificate at the end of the year with their rank within USA swimming to celebrate the accomplishment.

IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, is the the line-up by age groups.

10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 200 IM

11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 200 IM

13-18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your USA Swimming Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12: 400 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13-18: 400 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek.

HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Time Standards

Senior Group Time Standards

Women's Time Standards				Men's Time Standards				
US Open	US JRs	NCSA	Sectional	EVENT	Sectional	NCSA	US JRs	US Open
00:26.49	00:26.69	00:27.59	00:28.49	50 FR	00:25.69	00:24.79	00:24.09	00:23.69
00:57.19	00:57.79	00:59.89	01:01.19	100 FR	00:55.99	00:53.99	00:52.19	00:51.49
02:03.59	02:04.69	02:08.09	02:11.89	200 FR	02:01.89	01:58.09	01:54.69	01:53.29
04:20.09	04:22.19	04:27.89	04:36.09	400 FR	04:16.89	04:09.79	04:03.59	04:01.19
08:55.19	09:00.29	09:08.99	09:31.89	800 FR	09:00.49	08:40.79	08:24.69	08:20.09
17:03.69	17:14.29	17:34.59	18:15.59	1500 FR	17:20.99	16:41.69	16:08.09	15:59.09
01:03.99	01:04.59	01:07.19	01:10.09	100 BK	01:03.19	01:01.39	00:58.99	00:58.09
02:17.69	02:18.69	02:24.29	02:29.69	200 BK	02:18.59	02:12.39	02:07.39	02:05.69
01:12.59	01:13.49	01:16.29	01:18.59	100 BR	01:11.99	01:08.29	01:06.29	01:05.09
02:36.89	02:38.69	02:41.89	02:48.79	200 BR	02:36.19	02:29.79	02:23.69	02:21.29
01:01.89	01:02.59	01:05.29	01:07.29	100 FL	01:00.59	00:58.89	00:56.69	00:55.79
02:16.39	02:17.39	02:23.19	02:27.49	200 FL	02:16.19	02:10.59	02:05.49	02:03.89
02:20.09	02:21.39	02:26.59	02:29.59	200 IM	02:17.69	02:13.59	02:08.69	02:06.99
04:56.59	04:58.09	05:05.99	05:15.99	400 IM	04:55.79	04:43.89	04:33.89	04:30.99