

YMCA Orca Welcome Packet: Junior/Senior (Norwegian Pod)

Age Group Team Description

Once swimmers have mastered the fundamentals, they advance to age-group. Age-group is the highest and most competitive level. Swimmers can compete nationally in this level. 15 and under compete in free routines and figures. 16-19 compete in free routines and technical routines. Age group swimmers are expected to attend state and regional competitions as well as North Zone in March and Junior Olympics in June/July which are travel meets. North Zones can be anywhere in the northern US. Junior Olympics can be anywhere in the US. Swimmers are expected to landdrill and stretch 6 days a week at home as well as cross train (i.e. speed swimming, strength training, gymnastics, dance) 1-2 times a week either individually or with team members.

Age-Group Program Costs

- Monthly Dues: \$400/month
- Once a year USA Artistic Swimming Membership: \$100

Season Calendar

General Practice Schedule (All practices at the Johnstown YMCA):

- Sunday: 1:00pm – 5:00pm
- Monday: 6:00pm – 8:30pm
- Tuesday: 6:30pm - 8:45pm or 5pm-7:30pm
- Thursday: 6:00pm – 8:30pm

Season Start Date: 9/8/2024

Season End Date: 7/5/2025

JO's Training: The weekly training schedule might change in June for JO's training (No trips between Regionals and Junior Olympics (Mid-May - End of June) is permitted unless previously approved by the Head Coach.)

Days Off

- 10/31/2024 - Halloween
- 11/26/2024 – Thanksgiving
- 11/28/2024 – Thanksgiving
- 12/24/2024 – Winter Break
- 12/26/2024 – Winter Break
- 12/31/2024 – New Year's Eve
- 4/20/2025 – Easter
- Coaches Reserve the right to cancel practices at any time.

Competitions – The competition season dates have not been announced yet. The following is an **approximation** of the competition season

- 11/16/2024 – Winter Figure Meet – TBD
- 12/14/2024 – Season Intro Practice Meet (Figures and 1 min routines) – TBD
- 1/11/2025 - Half Meet (Figures and half routines) - Hinkley High School
- 2/1/2025 - Mountain Classic Invitational - EPIC
- 3/29/2025 – Association Meet (Routine and Figures) – TBD
- 5/10/2025 – Regionals (Routine and Figures) – TBD
- 7/1-5/2025 - Junior Olympics - Arlington, TX

Watershows – A watershow is similar to a dance recital. The swimmers will swim their routines for friends and family at the Johnstown YMCA. Dates for the watershows are not set yet. The following is an **approximation** of when they will be.

- **Winter Show** – Date TBD
- **Spring Show** – the weekend of 4/26/2025

Practice Expectations

Artistic swimming is a team sport and requires sufficient practice in order to be successful. Therefore, the following practice expectations are upheld:

1. All swimmers will be expected to bring a positive attitude and give 100% effort at every practice.
2. Swimmers must be ready to begin at the time practice is scheduled to begin. **They are expected to arrive 10-15 minutes early** in order to change, gather goggles, nose clips, fill water bottles, etc.
3. If a swimmer is late or does not begin practice at the appointed time, all required workout laps, figures, etc. must be completed before beginning work on routines.
4. Swimmers must comply with the attendance policy for their practice group.
5. Swimmers will respect the experience and authority of all coaches at all times.
6. After practice, swimmers must change and vacate the locker room area as quickly as possible, leaving the facility clean and tidy.
7. Swimmers 12 and under will not be left alone at the pool. Therefore, parents should drop off their swimmer no earlier than 15 minutes before their start of practice and arrive no later than the scheduled end of practice to pick up their swimmer(s).

Additional Age Group Expectations

Age Group is a competitive program and requires a higher level of commitment to the team. Swimmers will need to dedicate additional time outside of regular practice.

- A corrections journal must be brought to all practices and entries must be made regularly. Swimmers are expected to review the journal in between practices.
- Swimmers are expected to landrill at least every routine once daily.

- Swimmers are expected to stretch regularly. At least two inches from flat on both splits is required all season.
- Anytime a new section is taught or a change is made, that section should be land drilled five times before the next practice or until the swimmer is confident that they know it. Once a change is made or a section is taught, the swimmer is expected to know and remember it at the next practice.
- Swimmers are expected to arrive 10-15 min early for practice and immediately begin warming up.
- Swimmers are expected to cross train 1-2 times a week either by themselves or with their teammates.

Expected Swim Gear for Practice

- Required: One piece swimsuit, swim cap, swim goggles, nose clips(2-3), towel, water bottle, running shoes, weight belt (Kiefer 1 lb)
- Optional: Yoga Mat, resistance bands, tennis ball, jump rope, snack for long practices

Practice Attendance Policy

- Swimmers can have a maximum of two missed practices per month with notification of the Head Coach prior to the start of that practice via email, text or phone call.
- Swimmers with mild injuries will be expected to attend practice and help on deck.
- Vacations
 - Communicate planned trips at least two weeks in advance to practice group coach and Head Coach
 - No trips between Regionals and Junior Olympics (Mid-May - End of June) unless previously approved by the Head Coach.
 - Winter break trips should be planned and reported to the head coach and group coach prior to the beginning of the break; extra mandatory practices may be held during early January.
- Not complying with this attendance policy may result in a swimmer not being able to compete at a future meet(s) or even being moved out of the competitive Age Group program at the discretion of the coach. Understandably, extraordinary circumstances may arise and those will be considered on a case-by-case basis.

Communication

Email and text will be the primary forms of communication between parents, coaches, and swimmers. Information about the season will also be posted on the team website for reference. Orcas also has a **team discord** that parents and swimmers can join using the following link: <https://discord.gg/5bxRVWa72f>

Please feel free to schedule an appointment with anyone on the coaching staff with questions and/or concerns. Please avoid trying to meet with the coaches during, just prior to practices or meets.

Team Email: orcassynchro@gmail.com

Coaches Email: ncocoaches@gmail.com

Head Coach Email: wiens.anya31415@gmail.com

Head Coach Phone Number: (970) 214-3114

Useful Links

Team Site: <https://www.orcassynchro.org/>

Coach Site: <https://sites.google.com/view/orcas-coach-site/>

Gear Site: <https://www.swimoutlet.com/collections/orcassynchro>

Discord: <https://discord.gg/5bxRVWa72f>