



Troy High School
Girls Swim Team 2019
Evaluation/1st Week Procedures



I am so excited to be taking the reigns here at Troy High this year! High school swimming is something special that not everyone gets to experience; the friends and memories that you make here will hopefully last you a lifetime! There is nothing quite like the bond of camaraderie that is forged over the course of a season spent working toward a common goal with your teammates.

With all that in mind, it is important to understand that swimming is about the process of gradual improvement more than any other sport out there. To succeed, you must be willing to sacrifice and commit to this process and, even if the results are not immediately visible, trust that you will improve over time. I believe swimming is not a sport about instant gratification, but instead one about long-term goals and developing the drive and discipline to reach those goals.

There will only be afternoon practices August 14th-17th. **EVERYONE WILL ATTEND EVERY PRACTICE AUGUST 14th-17th.** The first week of practice will primarily focus on technique, the things I look for and prioritize mechanically, and will culminate in an evaluation consisting of an aerobic base pace set. The general schedule will be as follows:

Wednesday, August 14th

- Must be able to swim 100 yards straight without stopping.
- Freestyle + Fly Tech Work
- 12x50 practice test set

Thursday, August 15th:

- Back + Breast Tech Work
- 12x50 practice test set

Friday, August 16th:

- Starts + Turns Tech Work
- 50's time trial: 1 of each stroke.

Saturday, August 17th:

- Warm-Up
- Tryout:
 - 6x100s 10s rest
 - Give cumulative time.
 - Aerobic base pace calculated from here.
- Top 40 base pace times will make the team with room for coach's consideration.

Regarding Evaluations

I understand that, in the past, swimming at Troy has been a no cut sport. However, with over 70 girls signed up to swim this season and only one afternoon practice slot in a 6-lane pool, both space and safety become very real concerns. The Athletic Directors, boys' team coach Kyle Larson, and I have come up with a number for team sizes that will allow for maximum participation and coach attention, while also allowing the coaches to maintain a safe practice environment. Bearing all of this in mind, please know that attendance and participation expectations will be very high; if you make the top 40 times you need to ask yourself if you are prepared to commit the time necessary to the team, the process, and improving yourself every day.

Practice Groups

The tryout set will also be used to create training groups: 40+ girls is still a large team that will have a wide range of ability. Not everyone will be coming into the season with a wealth of swim experience and that's perfectly ok! The hope is that by creating two training groups, each swimmer will have a better overall training experience. Despite having two different training groups, we will NOT have a Varsity/JV split. The purpose of these groups is not to create two different teams. Team cohesion is an important part of high school swimming, so once again: no matter what group you end up in, WE REMAIN ONE TEAM.