National Group – 13 years and over

The mission of the National Group is to develop our top level swimmers into nationally and internationally accomplished student-athletes. The dedication, work ethic, time management, and goal setting skills that they will learn while in this group will help them succeed throughout their lives. Each swimmer in the group should envision themselves participating in collegiate swimming after graduating and the work they will put in will allow the National Group swimmers the best opportunity to earn athletic scholarships to top universities. This is a demanding but rewarding group. Because of that only athletes and families that are willing to commit fully should consider swimming in this group.

Expectations –

Student-Athlete – Time management is the key and the balance is absolutely possible.
Attend all meets on schedule (travel meets can be discussed on an individual basis)
Attend all practices on the schedule (only missed workouts should be those that are truly unavoidable, ie. sick, injured, mandatory school trips)
Consistency
Effort levels and performance in practice
Attendance
Focus
Stroke improvement
Knowledge of times (practice and meets) / heart rates
Extended periods of absence from workouts during season are not permitted. (over 2 days)
“Ownership of swimming” – Swimmers are expected to do all communication with coach and take responsibility for their swimming. All communication should be done early.
Follow TEAM Guidelines (at the beginning of this packet)

Group Focus Points –

Complete comprehension of Rose Bowl Training Philosophy
Process oriented - 24/7 Student Athlete
Fin swimming - be fast at all times with fins - under best times
Legs being your fuel to carry you home - use them while swimming to be your best
Starts, Turns, “underwaters” and breakouts becoming a weapon in races (4 dol. kicks off each wall)
Stroke efficiency – balance between power and tempo
Fine tuning stroke techniques – loose recoveries / powerful strokes
Race strategies
Consistency in focus and efforts
Commitment to train for best events (as discussed with coach)

Required equipment –

Speedo Kick Board
Speedo Power Paddles (Red-Medium or Yellow-Large)
Speedo Pull Buoy
Hydra Tech 2 type fin
Speedo Bullet Head Snorkel

Workout Schedule -

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>5:00-7:30pm</td>
</tr>
<tr>
<td>Tues</td>
<td>Off</td>
</tr>
<tr>
<td>Wed</td>
<td>5:00-6:45am</td>
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<tr>
<td></td>
<td>3:30-6:15pm</td>
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<tr>
<td>Thurs</td>
<td>5:00-7:00pm</td>
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<tr>
<td>Fri</td>
<td>5:00-7:00pm</td>
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<tr>
<td>Sat</td>
<td>7:30-10:30am</td>
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<tr>
<td>Sun</td>
<td>6:00-9:00am</td>
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