

Training Groups

The best competitive swim programs in the world start with the youngest and newest swimmers. These new swimmers learn the very basic skills of the simplest strokes in a fun environment designed to challenge them enough to advance to the next level. When they are ready, they will advance to a level where fun competition becomes more central to the program. As each swimmer matures and learns new skills he or she will move to progressively more advanced groups until, late in the teens, graduates as a fully accomplished swimmer. The goal of STORM is to enable each swimmer to reach his or her full potential by the time he or she leaves the team at the end of senior year of high school. We hope that each at STORM will develop a life-long love for swimming that will carry on into college or masters swimming. And we hope the STORM enthusiasm transfers to the future generations of swimmers.

The STORM groups are designed specifically with this progression in mind. The best programs in the world do it this way and so does essentially every winter club in NH.

Mini Storm

Coaches: Erin Jeffers and Corey Sullivan

Requirements for group: Be able to swim 25 yards on front OR back, put face in the water and float on front and back. Learn basics about competitive swimming

Goal: Learn to swim backstroke and freestyle (with bilateral breathing). Swimmers will demonstrate consistent execution of a streamline position. Be able to float front and back. Be able to perform a somersault in the water and a dive from a kneel

Competition at League and developmental meets recommended but not required

Practices

	Monday	Wednesday	Thursday
<i>Nashua</i>	4:00pm–4:45pm		
Merrimack		6:00pm – 6:45pm	4:30pm – 5:15pm

It is recommended that swimmers attend 2 practices per week.

YMCA of Greater Nashua Storm Swim Team Winter 2008-09 Practice Schedule

Thunderstorm

Primary Coach: Erin Jeffers and Corey Sullivan

Requirements for group: In addition to all requirements for Mini Storm the swimmer must: Be able to consistently swim 25 free and Back without stopping. Consistently demonstrate streamline off of the walls on both front and back be able to float on front and back.

Goal: Swim all four competitive strokes legally. Be able to complete a basic dive and do flip turns. Swimmers will learn basic goal setting. Swimmers at this level are encouraged to participate in other sports as well.

Competition at league and developmental meets strongly recommended

Practices:

	Monday	Tuesday	Thursday	Saturday
Nashua	4:00–4:45pm			
Merrimack		5:00–6:00pm	5:00–6:00pm	7:15–8:15am

It is recommended that swimmers attend 3 practices per week.

Tsunami

Primary Coach: Erin Jeffers and Corey Sullivan

Requirements for group: Consistent legal demonstration of all four competitive strokes. Consistently and legally complete a 100 IM, 100 Fr, 50 Bk, 50 Br, and 25 Fly in practice. Be able to do a front dive off of the blocks.

Goal: Stroke Refinement and beginning aerobic endurance. Begin pace clock management, Development of open turns and backstroke turns, breaststroke turns and pull-outs. Consistently streamline off of wall 5yds at starts and each push-off. Increase effectiveness of competitive starts and finishes. Proper execution of the following additional turns: individual medley transition turns (fly/bk, bk/br, br/fr). Swimmers will learn basic goal setting.

Competition at New England Swimming meets, League meets, and developmental meets as appropriate.

Practices:

	Tuesday	Wednesday	Thursday	Friday
Nashua				5:45–6:45pm
Merrimack	5:15–6:30pm	5:45–6:45pm	5:15–6:30pm	

It is recommended that swimmers attend 3 practices per week.

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Hurricanes

Primary Coach: Erin Jeffers

Requirements for group: Consistent and legal demonstration of all 4 competitive strokes. Consistent and legal demonstration of the following turns: front flips, back flips, individual medley transition turns, butterfly turn, and breaststroke turns and pullouts. Consistent demonstration of breath control in turns, push-offs, and breakouts. Legal execution of the following swims in practice: 500 Free and 300 IM. Legal execution of the following swims in a meet: 50 Fly, 100 Back, 100 Breast, 100 Free, 100 IM. Swimmers will have legal execution of various training sets predetermined by the Primary coach.

Goal: Stroke and competitive dive and turn refinement and aerobic development. Understanding how we utilize the different energy systems at practice. Increase pace clock management and completion of more complicated sets. Continue increased use of goal setting.

Competition is required at meets that are level - appropriate for each swimmer.

Practices

	Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays
<i>Nashua</i>	4:30–6:00pm				
Merrimack		4:00–5:30pm	5:45-6:30pm (dry) 6:30–8:00pm	4:00–5:30pm	6:30–7:30am

It is recommended that swimmers attend 4 water practices per week. Dry land is strongly encouraged

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Storm Troopers

Primary Coach: Corey Sullivan

Requirements for group: All Skills listed above in Mini Storm through Hurricanes, PLUS: Demonstrated leadership and commitment to the sport, Consistent and proper technique of all afore mentioned levels while performing training sets. Athletes 13 and over have the option of being in this group as an exception to all criteria. Understanding the pace clock and successful execution of a series of training sets pre-determined by the Primary coach.

Goal: Enhanced skill and technique building and more extensive development of the athlete's aerobic capacity and race training. Increased emphasis will be made on goal setting and preparation for achievement. Swimmers will prepare for the highest levels of Age Group Swimming. Dry land training will be a part of the curriculum for this group.

Competition is required for swimmers in this group, at the level appropriate for their level.

Practices

	Tuesdays	Wednesday's	Thursdays	Fridays	Saturdays
Nashua	6:45–8:30pm		6:45–8:30pm		
Merrimack		5:45–6:30pm (dry) 6:30pm–8:00pm		5:45–7:30pm	6:30–7:30am

It is recommended that swimmers participate in a minimum of 4 water practices per week. Dry land practice is mandatory

YMCA of Greater Nashua Storm Swim Team Winter 2008-09 Practice Schedule

Seniors

Coaches: Mike Hirst, Bob Tyrrell, Jim Jolly, and Corey Sullivan

Goal: Compete in TSSA circuit or NES circuit and New England YMCA Championships

This group is geared toward training committed goal-oriented high school age swimmers. Nine pool practices and four dry-land practices are provided each week. Seniors are recommended to attend 90% of practices in order to meet their high goal expectations. Those who have attended fewer than 50% of practices by the end of the season will be considered uncommitted and may be subject to reevaluation at the beginning of the 2009-2010 season. Special exceptions to this rule should be discussed with your coach at the beginning of the season.

Special attention will be given to goal development and tracking. Practice test sets and meet results will be analyzed and discussed. A daily entry in log books is mandatory. Minimum nutrition guidelines will be met.

Competition is required. Expect to attend one or two meets per month.

YMCA core values: Members of this group will be held in high esteem and therefore will be expected, more so than any other group, to understand, display, and teach the YMCA values: caring, honesty, respect, and responsibility.

Practices: Wednesday evenings are required classroom and dry-land practice. Also on Wednesday afternoons filming and individualized technique clinic will be conducted in small groups on a sign-up basis. In addition to Wednesday dry-land training, all swimmers are responsible for two more one-hour dry-land sessions. Preferably these sessions are completed on Tuesdays and Thursdays with the larger group but may optionally be completed in smaller groups at other times during the week or weekend.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nashua					5:45–7:30p	6:15–8:15am
Merrimack	5:30–6:30am		5:30–6:30am		5:30–6:30a	
		3:00–4:15p	6:00-6:30pm (signup required)	3:00–4:30pm		
	5:45–8:00pm	4:15-5:15p (dry)	6:00–8:00pm (classroom & dry)	4:30-5:30pm (dry)		

Practice Guidelines

Always be punctual. Arrive at the pool in time to be on deck, or at the dry land locations, at the start of the practice and with the proper equipment. On rare occasions, swimmers may be late. Plan to stay for the entire practice session. Some of the swimmer's best efforts occur at the end of practice. If you need to leave early be sure to tell your coach before the practice session. The STORM Swim Team would like to have every swimmer to succeed at the highest possible level. If you have a conflict that makes the usual practice attendance difficult, discuss it with your coach so that he can make an appropriate arrangement.

Equipment

Swimmers need to be prepared for every day practices. Swimmers are required to bring to practice a training suit, training cap, goggles, water bottle and fins. Every swimmer on the team needs a pair of their own fins. Fins are essential to a swimmer's development. Swimmers also need a team suit and a team cap for competition only. You may find all these items on our website www.ymcastorm.org.

Nutrition

The primary goals a swimmer should consider when choosing a food item are 1) Will this help me to have enough energy so my next workout will be successful, or 2) am I eating something that will help me recover from that last workout. Swimmers who are considering adjusting their diet in order to gain or lose weight should discuss it with a registered dietitian.

What to eat:

1. Eat mostly carbohydrates to fuel your body for the next workout. Pasta, rice, bread.
2. Eat lots of colorful foods which contain carbohydrates and anti-oxidants which will cleanse the body of nasty "free radicals" which float around the body destroying tissue especially after a workout. Fruits and vegetables.
3. Make sure you drink plenty of water!

When to eat:

1. **Important!** Eat a carbohydrate snack (with a little protein) within 30 minutes after workout. One or two sports bars. And drink a cup or more of water.
2. **Important!** Eat a good meal within two hours after workout. Even if your practice is late in the evening.