

# NASA Coach's Corner

September 2019



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**"The top priority in an elite age group program should be shared equally between skill development and physical conditioning."**

**- Coach Dennis Pursley**

## Welcome Back

*From Coach Hembree*

Welcome back!!! I hope that all of you have had time to spend with your families getting some much needed rest and relaxation before school started back up. I know that I got to spend some good time with my family, but am ready to get back to it. The coaching staff and the NASA board have been working over the past few weeks in preparation for the upcoming season and we are looking to make it as successful season as possible.

Some points of emphasis as you begin to look at information for the upcoming year. First we will be doing this coach's corner on a monthly basis as a way to continue to improve our communication. Each month will have information from each coach, important dates for the month, Swimmers of the month as well as other important information. Please take the time to read over these each month.

Second the meet schedule is posted online. The coaching staff worked extremely hard to find meets that we thought would have great competition for our swimmers. We also chosen not to split the team and take different training groups to different meets. We felt it was necessary to continue to build that team culture and have all of our athletes at the same meets. Please plan to attend the meets on the schedule and competition is an important part of the development of your swimmer.

Last the coaching staff and board wanted to make sure that the club had direction. So at the end of this coach's corner you will see the goals for the club this season. These goal will take an effort not only from the swimmers but from the parents as well. If you have questions about these goals please feel free to contact me or your athletes group coach.

As NASA begins it's 28<sup>th</sup> year I hope you are as excited as we are to get going! Good things are in store for this season.

## Age Group Happenings

From Coach Dan

Seems like everyone is really excited to get back to the water! I was so happy to see such a great turnout by our Age group team at the Summer Team Banquet. Thanks again to all who provided the great food and fun company. I have heard numerous accounts of swimmers who are inviting their friends to join in on this next season. We should remember that we were all new at one time and look for the opportunity to help someone who might have questions about our sport. New questions arise every day. To help answer some of your questions and work with our new swimmers, we at NASA, will be bringing on a new coach pending board approval, Gale Immel. Gale will be working with our Elementary White Group and I would encourage everyone to go out of their way to wish her a warm welcome to our NASA family!

We have some big team goals this year, not only by way of performance, but also by way of team character. Please speak to your lead group coach for more information! Goals are very important to our sport and each swimmer should have multiple goals for the season, no matter the skill level. If you need help writing your goals, please set up a 10 minute goal meeting with your group coach.

Lastly, please note the schedule changes from last year. We have made some changes to our Saturdays to include the whole Age Group! We have done this to really push inclusion and comradery on the team. We will have a dryland in the beginning for the Middle school for an hour as well as 30 minute dryland for elementary Blue and Gold groups. Then we will join forces in the pool for some drill work and finish with racing and relays. Parents feel free to come and show your support as always. This should be a lot of fun.

I can't wait to see you all on the pool deck for some new and exciting practices this season. Should lead to some unbelievable racing!

## Registration Information

From Coach Hembree

We will once again this season be using the online registration platform through the team website. There are a few minor changes that we would like to make you aware of. In an effort to make sure we have a digital trail, and to cut down on paper usage, all of the forms you are used to signing will now be part of registration. These forms include the Terms and Conditions, Medical release, and the Minor Athlete Abuse Prevention Policy (MAAPP) acknowledgement. As you work through the registration process you will be asked to agree to each of these prior to the completion of your registration. A few important items to note with this new process. First with the medical release it will be extremely important that you keep all of your medical information including, Physician's Name, Physician's Phone Number, Allergies, and Insurance information up to date in your account information. If this information is ever needed by a member of the coaching staff we will only be able to access it through your account information. With the MAAPP Acknowledgement, you are confirming that all of the members in your family have read, understand, and agree to follow the NASA's and the U.S. Center for Safe Sports Minor Athlete Abuse Prevention Policies. **Registration is Open now and we be offering any family registered before the end of the day September 16<sup>th</sup> a \$20 Visa gift card!** As always if you have any questions about the registration process please feel free to reach out to myself or Tabby Bratt (Business Manager).



## Important Dates

3<sup>rd</sup> - Offseason Begins (MS Groups and Older)

4<sup>th</sup> - Returning Members Meeting. 6:30p NHS Auditorium.

7<sup>th</sup> - Bring a Friend Pool Party. 1-3:30pm NHS Pool

11<sup>th</sup> - New Member Meeting. 6:30pm NHS Auditorium.

16<sup>th</sup> - First official Practice. New Member Tryouts 6:30pm at NHS Pool.

18<sup>th</sup> - First Practice for New members (10 & Under)

30<sup>th</sup> - Last Day to Officially register.



## TritonWear

### *From the Coaching Staff*

NASA is on the forefront when it comes to the use of technology in our training as a way to find continued improvement for our athletes. For the past 18 months we have been using a system called TritonWear on a small portion of our athletes. The TritonWear system is a small device that is worn by the athlete as they swim. This device then records different metrics including what stroke is being swam, stroke counts, breathing counts, stroke rate, push off power, and efficiency among many other metrics. This information is then transmitted to the coach in real time. Athletes are then able to log into their own accounts and see and compare their data to previous workouts. The use of this data has given our athletes a better understanding of what they are doing and the pool and what they need to do to go faster. TritonWear just released their generation 2 unit which has cut the cost to each family almost 50%. In conjunction with this release Swimming World Magazine did an article on our clubs use of TritonWear. NASA has already placed an order for 34 of the gen. 2 unit which will allow for each athlete to have their own unit, no more sharing. It will also allow for them to use TritonWear at every training session. This should give the coaching staff much more data to analyze to help each athlete improve. If you are still interested in taking advantage of this technology with your athlete (MS gold and Up) then please reach out to your group coach ASAP.



TritonWear Generation 2 Unit

**"I believe in belief. If you are going to achieve anything, the very first step is to form a strong belief that you can do it, then remind yourself of that constantly"**

**- Coach Richard Quick**

## Bring a Friend Pool Party

NASA will once again host the Bring a Friend Pool Party on Saturday, September 7<sup>th</sup> from 1-3:30pm. This is a time for our families to bring friends with them for a fun time at the pool. Information on the program will be available and the coaching staff will be available to talk to as well. If you are planning to attend please sign up on the website and let us know how many you plan to bring. If you have any questions please contact coach Hembree.



## Winter 19/20 Club Goals

- Placing in the virtual Club Championship (Read up on the Virtual Club Championship on [USAswimming.org](http://USAswimming.org))
  - Club Places top 550 in the nation for the Short Course Yard Season (Out of roughly 3,000 clubs/Last year 601<sup>st</sup>)
  - Club Places top 150 in the central zone for the Short Course Yard Season (Last year 158<sup>th</sup>)
  - Club Places top 15 in the Indiana LSC for the Short Course Yard Season (Last year 18<sup>th</sup>)
- 60% of the membership qualifies for a championship meet (Divisional, Age Group State, Senior State)
- 85% Practice Attendance each month from each training group.
- All members attending meets assigned to their training group.
- Each member participate in at least one community service opportunity for the season.
- Increase 12 and under retention rate to 65%.