

From Coach Terry:

Welcome to the ShockWaves Swim Team.

ShockWaves is one of thousands of teams across the country in the USA Swimming system (www.USASwimming.org). ShockWaves is a developmental team that is also competitive on both the individual and team levels. For that reason, it is important that we hold structured and organized practices and participate in meets. For those who have not been part of a year-round swim team before you will find that it is different from most other sports in that swimmers compete in individual events and whenever possible in team relay events.

Practices will be designed to help prepare the swimmers for meets by working on and improving proper swimming techniques, increasing the swimmers' stamina, power, and speed in the water, while also building a sense of team. Most practices will take place in the water; however, there may be certain circumstances where dry land exercises and/or demonstrations will be beneficial and implemented as the need arises. I will be working with swimmers as a team but also will be working with your child individually to help improve strokes, turns and starts. Please understand that this may entail hands-on physical contact with your child since I may need to demonstrate correct form. It is common for swimmers to have some muscle stiffness/soreness during the first weeks of practice and occasionally when practice levels increase intensity. With the exception of swimmers who have just finished Summer League swimming, most new swimmers may find practices to be demanding. The good thing is that if they persist and follow the instructions of the coaching staff, not only will the aches and pains go away, but the swimmers will find that their strokes are improving, they are getting faster in the water, and they will begin to feel a sense of accomplishment.

Also, practices will work the technical aspects of swimming, increase cardio and muscular strength by pushing swimmers' capabilities, and introduce some fun elements into the workouts.

Thus the team motto: Swim Right + Swim Hard + Swim Fun = Swim Fast

For those who have only participated in Summer League and/or High School Swimming, year-round swimming is different in a few key aspects. Most year-round swim meets more closely resemble championships or league finals rather than dual meets in that many teams can be at a meet and swimmers are much more responsible for keeping track of when they need to go to heating for their events. The thing I really like about year-round swim meets is the ability to talk with each swimmer before and after their events to help them focus on their swim and to let them know immediately afterward what they can improve on and what they did well.

I am looking forward to a terrific swimming season this year with the team.

Go ShockWaves!

Please acknowledge that you have read and agree to the terms of this document by checking the appropriate area provided on the team registration form. Thank you.