

Catholic Middle School Swimming: 2007 – 2008
6th 7th and 8th Grade Athletes

August 20, 2007: FRHS Library at 6:30 pm - General Interest Meeting & Sign Up

September 10, 2007: Training Begins at TSU Gentry Center Pool

Training is scheduled from 4:00 – 5:30 on Monday, Tuesday, Wednesday and Thursday. Athletes are expected to be ready to **get in the water** at the scheduled time. This means that they should arrive at the facility no later than 15 minutes prior to beginning of training. **It is strongly suggested that each athlete bring water or diluted sports drink to each practice.** These workouts will be on specific stroke technique and conditioning. Some swimmers will be asked to swim laps so coaches can view strokes to gain a better sense of their swimming ability.

Costs:

Swimmers Training Fee: **\$300**

If you are interested in Diving - Please see attached sheet

Payment for swimmers:

½ (\$150.00) is due after the 1st week of training (September 17, 2007)

Balance is due on November 1, 2007. This pays for the pool rental.

Coach Philbin will set up the Catholic Middle School account, but until this is done, please make Check payable to Coach Shannon Philbin and indicate what the check is paying for.

Note: Since this is first year for CMSS, we will decide as a group about swim suits and other possible “team” wear. Need several parents to volunteer to help with this.

Each swimmer will be expected to have the following on the 1st day of practice:

1. Competition Swim Suit
2. Swim Cap (boys and girls)
3. Fins
4. Goggles
5. Paddles – check with swim shop as to the proper size Strokemaker paddles
6. Swim Bag – we can order in “generic” color if you wish
7. A mesh equipment bag is recommended for wet items.

Swim Shop: All American Swim & Surf 7061 Moore’s Lane Brentwood, TN 309-7636

Coach Brian Allen
Ballen615@gmail.com
(cell) 427-3416

Coach Carter Fitzgerald
j.carter.Fitzgerald@gmail.com
(cell) 351-3343

Shannon Philbin
coachshan@aol.com
(w) 320-3262, Ext. 14
(cell) 330-3635

Middle School
Mission Statement

To provide each swimmer and diver with the opportunity to reach his/her potential. To develop a solid foundation for a successful season. To create an environment in which the desire for self improvement and goal achievement motivates the individual to fully develop their natural abilities and to help others to do likewise. To always strive for excellence.

Coaching Philosophies

Teach the value of hard work . . . it brings results
Teach swimmers & divers to be self reliant. . . they have to want it for themselves
Don't believe in pressure. . . Pressure is not being prepared
Realize that you do not know your limits. . . always strive to reach beyond your limits
Never be afraid of failure. . . by pushing your limits until you fail, your failure becomes your success and you become better
We will ask our swimmers to do some extra ordinary things in practice. . . this will help them to have an opportunity to be better than average in meets
All swimmers will train in all strokes including the IM . . . this will aid in a foundation for future success
We expect all swimmers to be in the water on time . . . this will aid in their goals for success
BELIEVE IN YOURSELF... DARE TO DREAM... ANYTHING IS POSSIBLE!
PRACTICE SWIM FAST... EAT WELL... TAKE YOUR VITAMINS
BE A GOOD SPORT... AND MOST OF ALL - HAVE FUN IN THE PROCESS!!

Training Phase

Each swimmer will receive a monthly calendar via e-mail for training and practice times and places.
Parents might want to ask their athletes about this!!

Beginning on Monday, September 10, 2007, athletes meet from 4:00 –5:30 at the TSU Gentry Center Pool. Time will be spent on conditioning and stroke technique. The TSU pool will be used for regular training. Athletes will be off on school holidays. There will probably be practice at the Centennial Sportsplex on December 27, 28 and 31. Practices in early January will be given out via the monthly calendar. Since the TSU Pool is used for High School Swim Meets, there will be times when practice will need to be rescheduled. Possible make up practices will be held on Saturday at the Sportsplex. **There might be several times during the season when there will be evening practices due to swim meets for other teams being held at the TSU pool**

Swimmers should leave school immediately each day for practice so they can be on time. Coaches don't wait for **them to begin** practice. **All practices are extremely important. Swimming is a very unforgiving sport. There is no way to make up for missed water time!! Swimmers are expected to be in the water no later than 4:00 Monday thru Thursday. Please plan medical appointments around the practice schedule. Their commitment is until 5:30.** Students involved in school activities after school are expected to come to practice immediately after the activity. **If a swimmer is ill, please e-mail the coach and let them know that the swimmer will not be at practice.**

Goals

These are your goals! Please use them to help make yourself the best swimmer you can be. It's going to be a great year, but remember that swimming is a team sport that depends on each individual. Lets work hard in practice, swim fast at meets and have fun!

Practice

Always be competitive. . . be a leader, find the game of challenge
Help others in practice
Be positive about difficult sets

Give the maximum effort
Have a focus and stick with it
Work on details. . . come with a daily goal
Hold stroke and breathing patterns always
Use the pace clock (if you don't know how ask!!)
Stay on your intervals
Always circle swim (swim down right side of lane and come back on lefty)
NEVER break a set (rest in the middle)
Push yourself
Never give up in a race or practice set - always finish hard to the wall

MAKE PRACTICE AN EXCELLENT REHEARSAL FOR THE REAL THING

Competition

1. Always give 100% effort
2. Race other swimmers intensely
3. Be positive about all racing challenges
4. Focus on one race at a time
5. Have a positive attitude about improving and racing weak strokes
6. Demonstrate emotional control and **always be a good sport**
7. Congratulate your competition and teammates on a good race
8. Take time to mentally prepare for a race
9. Support Irish swimming and diving by always wearing team suit, cap, and team warm-ups to meets.
10. Always know your goal times
11. Always win in the last 25 yards of a race - **finish hard and never quit**

Code

1. PSYCHE UP
2. Find some good in everything you do
3. Only talk to yourself in a positive manner - encourage yourself
4. Listen to your coaches for constructive criticism and go with it
5. **BELIEVE IN YOURSELF AS AN ATHLETE**

Coaches Note to Swimmers

1. **You are an athlete - EAT LIKE ONE**
2. Cut out greasy foods
3. Cut out soft drinks - you need fruit juice and water instead
4. Eat a high-nutrient, well-balanced diet
5. Don't over carbohydrate - you need protein too!
6. Don't skip breakfast - your body needs it to stay healthy
7. Eat a nutritious snack on the way to practice
8. PLEASE bring water or diluted sport drink to practice each day
9. PLEASE take your vitamins!

SPECIAL NOTE TO PARENTS:

This is the first year for Catholic Middle School Swimming. The coaching staff asks that everyone work together while we learn and work to make this program a great one for the athletes. The coaching staff asks that if you have questions about particular training, please e-mail them and they will get back with you as soon as possible Middle

School swimmers will follow the same Federation Guidelines a High School Swimmers. **Although the athletes will train together, they will compete as a representative of their own school.** Swimming in the state of Tennessee is NOT a TSSAA sport. Also, it is not a club sport in High School. It is a recognized Varsity level sport in all Tennessee high schools.

At this time, we do not know the number of meets that the swimmers will be able to participate in. The coaches meeting is on September 8 and staff will be able to tell you more after that. Also, Middle School swimming is not yet organized by Divisions like High School Swimming. There will be an Invitational for Middle School swimmers in early January sponsored by Excel Aquatics. If your athlete chooses to participate in this meet, athlete will pay entry fees.

Diving Information

We would also like to make parents aware of two diving programs in Middle Tennessee. One program is Middle Tennessee Diving coached by Tim Jones and the other program is coached by John Goddard. If you would like additional information, please contact information below. **Divers are considered an integral part of middle school competition.** Divers participate in as many dual meets as possible and will participate in the Excel Invitational. Diving is an event whose points score toward the final team total. If you are interested in Diving, the athlete would pay the diving coach directly.

US Diving Program:

Coach: Tim Jones

615-714-8866

Place: Centennial Sportsplex and possible other sites

US Diving Program

Coach: John Goddard

Place: TSU Gentry Center Pool

A Few Goodies About Middle School Swimming

A middle school swim meet only has 24 events and 2 of these are diving events. Meet format allows for one heat for scoring purposes for each event. Meets will be set up to have exhibition events to give more swimmers a chance to participate. Each swimmer is only allowed to enter either 2 individual events and two relays or 1 individual event and 3 relays. If the coaches feel that the Middle School swimmers are ready, they will be invited to participate in the **Father Ryan Relay Invitational on Thursday, November 1, 2007.** The Excel Invitational is tentative for January 12, 2008. High School Swimmers have qualifying times for the Region and State Championships. Currently there are no qualifying times for Middle School Swimmers.

Middle School Swimming Events

**50 Freestyle, 100 Freestyle, 200 Freestyle, 500 Freestyle, 100 Backstroke,
100 Breastroke, 100 Butterfly and 200 Individual Medley,
200 Medley Relay, 200 Freestyle Relay and 400 Freestyle Relay**

As you can see, the distances for most strokes are longer than for summer league swimming. This is one of the reasons that training time is so important. Although everyone would like to, they can't all swim 50 freestyle!. Swimmers will be given the opportunity to learn and feel comfortable for more events.

CATHOLIC MIDDLE SCHOOL SIGN UP SHEET 2007 – 2008
Please Fax back to Coach Philbin at 320-3280 or
scan to coachshan@aol.com

Name: _____ Grade: _____ School: _____

Age: _____ DOB: _____

Street Address: _____ City & Zip: _____

Parents: (Please use full names)

Father: _____ Phone: _____ (h) _____ (w)

Mother: _____ Phone: _____ (h) _____ (w)

E-Mail: _____ Preferred Cell # _____

Where Parent can be reached in case of Emergency:

Cell Phone: _____ Additional Info: _____

1. Have you turned in your medical forms to your school? Y _____ N _____
2. Have you turned in a parent permission slip to allow you to participate? Y _____ N _____
3. Are you aware that you will be responsible to find your own ride to practice? Y _____ N _____
Once coaches get all the sign up complete, parents from the same schools will be e-mailed a list so it will be possible to work out car pools
4. If you swam summer league: Team Name _____
5. Parents: Do you have any experience working at swim meets? If so, please list the jobs you are familiar with.
6. Parents: If we decide to get a Catholic Middle School team t-shirt, would you be interested in purchasing? Y _____ N _____ The cost of a t-shirt would run \$7 for the athlete and \$17.00 for parents.
7. Are you interested in purchasing a "team" swim bag? Y _____ N _____
If you already know that you will be attending Father Ryan for High School, you might want to Consider getting the High School bag.