

Memphis Tiger SWIMMING

Discover – Challenge – Achieve

Our Program

The Memphis Tiger Swimming program is designed for an athlete's LONG-TERM development, taking swimmers from novice to national as they progress through the three comprehensive phases: DISCOVER, CHALLENGE and ACHIEVE. Teaching and training is IM-based, emphasizing all competitive strokes and distances. Our goal is to develop well-rounded "versatile" athletes with abundant aerobic capacity. At every level, the more an athlete attends practices and meets, the greater the benefit and enjoyment an athlete receives.

Training Groups

Memphis Tiger swimmers train in groups structured to ensure that all our athletes make optimal use of their time training with their peers—both in terms of age and ability. Under the direction of the head coach with input from our lead assistant coaches, group placement is based on what is best for each individual athlete in order to provide proper development and to ensure long term success in the water.

Groups help define what is expected of each swimmer at various levels of their development within our program. Groups provide structure and order to training sessions, they are not meant to be viewed as a benchmark on progress or level of skill. Time spent in a group varies by athlete and their level of commitment. The focus of every group is to develop and challenge each individual athlete, helping them to improve and grow a deeper commitment to the TEAM and our sport.

Not all groups practice at all our pools and groups may need to be moved, modified and/or discontinued during the course of a season as determined by our coaching staff. Groups may fill up and close out to new swimmers as needed to maintain a productive and safe training environment. Adjustments to groups may be made at any time to meet the needs of a pool and/or in the best interest of the team.

Group Placements

Group placements are traditionally done in September at the start of our new swim year and in March after short course season ends; however, coaches may move swimmers from group-to-group as needed.

In general, the criteria for advancing in groups involves the following key considerations:

TECHNICAL. Technical aspects are weighed heavily when considering all moves, consistent repetition of healthy habits and good technique is vital for proper development. Swimmers must demonstrate a sustained commitment and effort to improving all their strokes in every group. This includes when tired and during challenging sets. Coaches monitor focus levels and genuine desire to improve and get faster.

PERFORMANCE. The racing performances of athletes in competition help provide coaches valuable feedback to track overall progress most accurately. Coaches track times and time improvements from meet-to-meet, season-to-season, measuring against age group time standards set by USA Swimming and other local, regional and national qualifier competitions. Participating in swim meets is essential in evaluating a swimmer's progress and readiness for any particular group.

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TRAINING. Coaches monitor how well an athlete performs day-to-day in workouts, frequently assessing their ability to meet the training demands, in terms of intervals, yardage, intensity, pace and skill development while remaining injury-free. Coaches evaluate failure rates to ensure each athlete is appropriately challenged by the demands of the group. Swimmers are expected to advance from the back of the lane to becoming lane leaders, understanding time spent in each role has important value. Coaches assess the level of positivity and enthusiasm an athlete brings to practice day in and day out.

COMMITMENT. Most important, coaches expect each athlete to commit to a consistent swimming schedule that matches group expectations in order to show improvement and perform their best for the TEAM at our championship meets. As swimmers progress within our program, their level of commitment is expected to grow and become more accountable. Coaches also gauge the personal desire to participate and improve in the sport without any undue pressure from a parent or guardian.

While coaches consider these core components when considering group placement and moves, there will be times when it is simply in the best interest of the individual athlete and the team to make a move based on other factors. When working to move up, each athlete should strive to be placed in the middle of the next group rather than just achieving the minimum standards. We want athletes to thrive in their new group, not just survive.

INJURY FREE. All swimmers are expected to seek restorative treatment and physical therapy for any ailments that prevent them from proper training. Swimmers with chronic injuries may be held back or removed from a group until they are able to meet the demands and expectations of their current group.

At all times, it is a COACH decision when a swimmer is ready to advance or needs more work.

Parents and swimmers are expected to trust the process and to support the decisions made by our coaches. Communication is key with the understanding parent/coach communication will evolve to athlete/coach communication as a swimmer advances in our program. Swimmers are expected to take ownership of their swimming over the course of their swimming careers.

Focus, effort, positive attitude, passion to succeed, integrity, good sportsmanship, exemplary attendance at meets and practices, setting goals, caring about nutrition, proper hydration, rest & recovery, being respectful of coaches, parents and teammates while being the best teammate possible are all essential ingredients to long term success in our program.

At every level, Memphis Tiger swimmers train to RACE, we do not train to train!



TIGER CUB

Tiger Cub is our introductory group pre-competitive group for our youngest beginners ages 7&under who have advanced BEYOND SWIM LESSONS and are ready to learn the fundamentals of competitive swimming. Swimmers joining Tiger Cub must know how to swim already. They must demonstrate they are comfortable and safe in the water on their own at both ends of the pool.

The goal of Tiger Cub is to help transition swimmers from lessons to competitive swimming. Coaches set the building blocks of our program and prepare Tiger Cub swimmers to move up to the Orange Group. Tiger Cub swimmers learn important fundamentals for the four competitive strokes and how to practice in a fun and safe environment.

Tiger Cub swimmers are expected to graduate into Orange group within 90 to 120 days.

Attendance Expectations: *There are no attendance expectations for Tiger Cub.*

Competition Expectations: *There are no competition expectations for Tiger Cub; however, swimmers may participate in Memphis Tiger hosted meets or other local meets with coach approval.*

Athlete Expectations

- Must know how to swim already
- Focus and commitment to skill acquisition
- Take direction from the coach

Group Focus Points

- FUNdamentals, kicking, streamlining, flipping, swimming all strokes for 25 yards

Recommended Equipment

- Kick Board
- Fins



ORANGE

Orange group is for novice swimmers 12&under who have moved beyond Tiger Cub skillsets and are ready to become more proficient in all four strokes.

Orange group emphasizes refinement of all four competitive strokes, so swimmers become legal and proficient in each with an introduction to more complex drills and extended sets. Orange group stresses kicking sets to build up important leg strength. Introductory racing skills are established for all strokes, including learning flip turns and racing starts. Orange group goals include transferring technique into conditioning and early development training. Progress in this group is measured by proper technique, improvements of skill and coachability. Orange group fosters a love of the sport and introduces swimmers to USA Swimming competitions.

Attendance Expectations: *There are no practice expectations for Orange; however, swimmers are encouraged to average 50% practice attendance on a weekly basis.*

Competition Expectations: *There are no competition expectations for Orange; however, swimmers are encouraged to attend Memphis Tiger hosted meets and other local meets.*

Athlete Expectations

- Ability to demonstrate all four competitive strokes (legally)
- Focus and commitment to skill acquisition
- Be able to complete 1000 yards per workout in productive fashion
- Bring required equipment to every practice
- Compete at meets in all four strokes and 100 yard IM

Group Focus Points

- Technique, stroke drills, kicking, racing concepts, intro to aerobic sets

Recommended Equipment

- Kick Board
- Fins
- Pull Buoy



BLUE

Blue group is for swimmers who have advanced beyond Orange group and are 12 or younger.

The emphasis of Blue group is to get swimmers more excited about racing and team spirit. Technique and conditioning continue to be the focus, with increased pacing and volume. Racing skills will be refined with an emphasis on speed. Underwater development continues with a focus on fast underwater streamline dolphin kicking. Blue group swimmers learn to use the pace clock for longer sets and how to train at different intervals.

Attendance Expectations: *There is a minimum expectation of at least 50% practice attendance on a weekly basis; understanding, the more a young athlete attends, the more improvement they will see.*

Competition Expectations: *Blue swimmers are expected to compete in a minimum of two meets a season. In addition, any swimmer who qualifies for a Southeastern championship meet is expected to compete for the TEAM.*

Athlete Expectations

- Be able to complete 2,000 yards per workout in productive fashion
- Excitement about working toward qualifying time standards
- Compete in 200 yard freestyle, 200 yard IM and 100 yard events for all four strokes

Group Focus Points

- Increased intensity and quantity of training
- Accept and incorporate coach's race strategies
- Increased participation in home and away meets
- Set goals to qualify for championship meets
- Begin developing responsibility for their own swimming (i.e., checking heat and lane assignments without parent assistance)
- Begin to use pace clock and interval training
- Demonstrate good team sportsmanship

Recommended Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles



JUNIOR

Junior group is for swimmers who have advanced beyond Blue group and are ages 12&under.

Junior group introduces increased aerobic conditioning with sets of longer distances and durations. Swimmers of this group will focus on developing the strength in their strokes to allow them to become more efficient swimmers and capable of swimming longer distances. Stroke technique with added strength are the key ingredients that will make the difference in the development of these swimmers.

Attendance Expectations: *There is a minimum expectation of 75% practice attendance on a weekly basis; understanding, as the athlete ages and grows attending practice becomes more critical.*

Competition Expectations: *Junior swimmers are expected to compete in a minimum of 75% Memphis Tiger hosted meets and 25% away meets. In addition, any swimmer who qualifies for a Southeastern championship meet is expected to compete for the TEAM.*

Athlete Expectations

- Increased commitment and focus to achieving goals
- Be able to complete 3,000 yards per workout in productive fashion
- Continued excitement about working toward qualifying time standards

Group Focus Points

- Increase quality and quantity of training
- Goal setting and knowledge of time standards/personal bests
- Continued progress in performing stroke technique, drills and turns
- Ability to use pace clock without assistance
- Demonstrate good team sportsmanship

Required Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel



JUNIOR PERFORMANCE

Junior Performance group is for Juniors ages 12&under who have demonstrated a passion and commitment to year-round swimming as their number one sport of choice and who have achieved notable success in the water, i.e., qualifying for Southeasterns and higher-level meets.

Junior Performance swimmers are our most committed and accomplished 12&unders. Swimmers train for qualifying meets and take pride in scoring points for the TEAM as they implement advanced racing strategies. They have a strong grasp on stroke technique and are ready for more challenging aerobic sets. Workouts include an increase in complexity and density with extra opportunities to train, including occasional practices with the head coach in preparation for Senior success.

Attendance Expectations: *There is a minimum expectation of 90-100% practice attendance on a weekly basis and swimmers may be expected to make up missed practices as required by their coach.*

Competition Expectations: *Junior Performance swimmers are expected to compete as much as possible, regularly competing in home and travel meets. Any swimmer who qualifies for a Southeastern championship meet is expected to compete for the TEAM. In addition, swimmers are expected to compete at Sectionals, Zones and above as qualified and required by the head coach.*

Athlete Expectations

- Commit to year-round training program (including all holidays and summers)
- Demonstrate personal responsibility and good sportsmanship
 - Properly prioritizes activities with improved time management skills
 - Communicates with coach about missed practices, illness, injury, etc.
 - Takes full responsibility at meets without parent assistance
 - Is a good sport when winning or losing
 - Keeps up with schoolwork without sacrificing training

Group Focus Points

- More demanding training and meet schedules
- Going for A finals at champs meets
- Exemplary team spirit and support
- Incorporating coach's racing strategies

Required Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel



SENIOR 2

Senior 2 is for swimmers 13&over needing general foundational work and improved aerobic fitness. This group is for high school-level swimmers who demonstrate a desire to compete in meets and a willingness to put in the work needed to improve their overall skills in order to advance to the Senior 1 group.

Senior 2 introduces Senior-level training in a fun and formative environment. Senior 2 welcomes older high school and summer league swimmers considering a transition to year-round swimming. Swimmers must be able to train in all four competitive strokes. Improved stroke technique is stressed with an appropriate increase in conditioning over the course of each season.

Attendance Expectations: *There is a minimum expectation of at least 70-80% practice attendance on a weekly basis; understanding, the more the athlete attends, the more improvement they will see.*

Competition Expectations: *Senior 2 swimmers are expected to compete at meets on a regular basis. Any swimmer who qualifies for Southeastern championship meet is expected to compete for the TEAM. In addition, swimmers are expected to compete at Sectionals and above as qualified and required by the head coach.*

Athlete Expectations

- Focus on improving stroke technique and skills
- Striving to be legal in all strokes
- Pushing to work harder on a consistent basis
- Performing sets with proper effort and focus as instructed
- Being coachable and displaying genuine desire to improve
- Staying injury free and in the water all practice

Group Focus Points

- Advancement of racing skills
- Stroke technique while swimming fast
- Increasing aerobic capacity
- Introductory interval training

Recommended Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel



SENIOR 1

Senior 1 group is for swimmers 13&over ready for Senior-level training who are prepared to make a serious commitment to the sport and the TEAM. Swimmers must be disciplined and dedicated to qualifying and reaching peak performance at Southeastern championship meets and higher.

Seniors understand the importance of hard work and dedication as they take full responsibility of their swimming. Seniors seek to improve stroke efficiency and aerobic capacity, increasing their range of abilities across all strokes and distances. Seniors develop an excellent grasp of race splitting, pace training and are ready to race their best when called upon. Seniors learn to take great care of their minds and bodies and are expected to train with purpose, adhering to good nutritional and recovery habits while maintaining a positive attitude and disciplined work ethic.

Attendance Expectations: *There is a minimum expectation of 80-90% practice attendance on a weekly basis and swimmers are expected to make up missed practices if possible.*

Competition Expectations: *Senior 1 swimmers are expected to compete at meets on a regular basis. Any swimmer who qualifies for Southeastern championship meet is expected to compete for the TEAM. In addition, swimmers are expected to compete at Sectionals and above as qualified and required by the head coach.*

Athlete Expectations

- Commit to year-round Senior training
- Ability to handle and complete Senior-level training sets without missing sendoffs
- Demonstrating maturity and outstanding TEAM comradery on a daily basis
- Identifying tangible goals with focus on taking your swimming to the next level
- To remain injury free, utilizing proper rest and recovery strategies implemented by the coach
- Self-discipline and personal responsibility managing activities, social life and schoolwork
- Communication directly with Coach
- Positive TEAM leaders on the pool and on deck

Group Focus Points

- Increased commitment to training and TEAM
- Set and achieve higher goals and time standards
- Exemplary team participation and support
- Accept and incorporate coach's advanced racing strategies

Required Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel



SENIOR PERFORMANCE

Senior Performance is for 13&over who have demonstrated a deep passion and commitment to year-round swimming as their number one sport of choice and who have achieved notable success in the water, i.e., scoring points at Southeastern champs and qualifying for higher-level competitions.

Senior Performance comprises of our most seasoned and advanced swimmers. The dedication, work ethic, time management and goal setting skills required in this group will help swimmers succeed throughout their lives. Senior Performance swimmers are expected to take everything to the next level as they continue to learn the importance of hard work and dedication. Senior Performance swimmers take pride in scoring the most points possible for the TEAM at champs meets and are intensely driven to reach National-level swimming as they achieve their goals.

Attendance Expectations: *There is a minimum expectation of 90-100% practice attendance on a weekly basis and swimmers are expected to make every effort to make up all missed practices.*

Competition Expectations: *Senior Performance swimmers are expected to compete as much as possible, regularly competing in home and travel meets. Any swimmer who qualifies for Southeasterns is expected to compete for the TEAM. In addition, swimmers are expected to compete at Sectionals and above as qualified and required by the head coach.*

Athlete Expectations

- Maximum output and dedication
- Advanced pace training, variation of focused training intensities and modalities
- Dedicated to taking care of mind and body 24/7
- Continued Personal Responsibility – managing outside activities, social life and schoolwork
- Communication directly with Coach
- Role model leaders of the team
- Exemplify sportsmanship in every aspect

Group Focus Points

- Advanced training including “two-a-days” and drylands as scheduled
- Elite commitment to core stability, endurance, flexibility, power, strength and conditioning
- Continued stroke technique improvement and increased efficiency in strokes
- Chasing and achieving higher qualifying times

Required Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel



NATIONAL

This group is for our most accomplished swimmers 13&over who have qualified for Futures, Juniors and above meets.

Swimmers in National group are expected to treat swimming as their passion and profession as they train to qualify and represent the TEAM at top qualifying meets around the country. National swimmers envision swimming in college and are dedicated to the hard work it takes to earn an athletic scholarship. This group also comprises of our collegiate and post-grad swimmers who remain in serious pursuit of their swimming goals and dreams. National group is a demanding and rewarding group for athletes driven to reach the highest levels possible.

Attendance Expectations: *There is a minimum expectation of 90-100% practice attendance on a weekly basis; swimmers are expected to make up all missed practices and arrange for practices when traveling. Extended periods of absence from workouts during season are not permitted. (over 2 days)*

Competition Expectations: *National swimmers are expected to compete as much as possible, with an emphasis on attending the fastest meets scheduled by the head coach. Swimmers are expected to compete for the TEAM at Southeasterns. In addition, National swimmers are expected to compete at all regional and national meets as qualified and required by the head coach.*

Expectations

- Superior focus and dedication
- Student-Athlete – time management is key and a successful balance is the goal
- Post grad – goal driven and responsible, professional lifestyle
- Giving back to the TEAM

Group Focus Points

- Advanced training and strategic planning
- Commitment to train for best events
- Professional race strategies
- Mastery skill development
- Proper strength training/drylands

Required Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel
- Extras – drag socks/bands/chutes/etc.