

Hello,

As we wrapped up the summer season we took time and looked back at our success and failures over the past year. We have several exciting changes to share with you that we feel will help to take our team to the next level.

We will be hosting goal setting session with each athlete utilizing previous swim times and recording swim times from practice to keep them motivated during the season, as a goal is accomplished we will re-evaluate and set a new goal.

We will also start doing more dry-land training amongst all the groups to give the swimmers some strength and conditioning on dry land as they progress between group. This will sometime be simple skills that we can build on and that can be done at home or away from the pool.

We will start talking more about the mind set of swimmers and racing so that swimmers are also developing a mental aspect to swimming as well as physical training concepts for ultimate success.

We will have regular check in meetings with the group regarding training session and concepts covered from previous session and plans for the current session so swimmers are getting more educated to the swimming lingo as well as SWIM SMART.

We have found that our group needs more definition and variation because of range and abilities. With that concept in mind we will be offering an Advanced Red and Advanced White Group in addition to our standard Red, White, Blue and Regional Groups. These advanced groups will be given additional training time and opportunities during the season. We will evaluate each swimmer as the season progress and if we feel the swimmer is ready we will offer them an opportunity to move up during the season.

We will also be adding a new payment structure to compensate for increase practice options as well as increase in pool costs that will be occurring over the next 2 years at Emma Willard. These are necessary changes to keep the team financial responsible for long term success.

In the past previous club members have been awarded either academic or athletic scholarships from the following institution over the past 10 years – RPI, Adelphi, Saint Rose, Ithaca, Connecticut College, Cornell, Bentley, UVM, Cortland, University Rochester, Clarkson, Rowan, and LeMoyne to name a few.

The coaching staff continues to be led by Rob MacLeod, in his 15th year coaching for USAM. He is assisted by Sarah Wilson of MIT, Erin Kane of RPI, David Connor of RPI, and Devon Urbano of RPI.

Try-outs will be Wednesday, August 29 and Thursday, August 30, and Wednesday September 5 from 6 pm to 7 pm. FIRST OFFICIAL PRACTICE IS THURSDAY, SEPTEMBER 6 from 6 pm-7:30 pm we will be doing a test set with the entire team this day and then a team activity.

Sincerely

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