



RIP TIDE
S W I M M I N G



Welcome to Signing Day!
2023

Coach Introductions & Age Group Assignments

Coaching Staff Notes:

- Each group will have designated coaches.
- Each practice group has specific training structure.
- Age Group coaches are with their groups Monday-Thursday.
- Rotating coaches on skill-specific Friday and Sunday practices.
- Monthly coaches meetings to discuss group progression.

Purple Group

Coaches

Arija Litwin

&

Hannah Shafer



Green Group

Coaches

Jariana Vazquez

&

Jillian McNerny



Red Group

Coaches

Randall Cobb

&

Lauren Hocum



Blue Group

Coaches

Mackenzie Maye,

Jillian McInerney

&

Lauren Hocum



Silver Group

Coaches

Mackenzie Maye,
Shelby South

&

Sara-Morgan Woods



EVALUATIONS!

NEW swimmers or those needing new
group assessment!

10 and under - Hannah and Randall

11 and up - Shelby

Waiting Swimmers - (behind guard stand) Dry land Introductions with Alyssa
Evaluated during practice this week

Practice Schedule 2023-2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:00-6:00 PM Green	5:00-6:00 PM Purple	5:00-6:00 PM Green	5:00-6:00 PM Purple		3:00-4:30 PM Purple, Green, Red, Blue, Silver
6:00-7:00 PM Purple	6:00-7:00 PM Green	6:00-7:00 PM Purple	6:00-7:00 PM Green	5:30-7:00 PM Purple, Green, Red, Blue, Silver	
6:00-7:00 PM Red	6:00-7:00 PM Red	6:00-7:00 PM Red	6:00-7:00 PM Red		
6:00-8:00 PM Blue	7:00-8:00 PM Blue	6:00-8:00 PM Blue	7:00-8:00 PM Blue		
6:00-8:00 PM Silver	7:00-8:00 PM Silver	6:00-8:00 PM Silver	7:00-8:00 PM Silver		

Practice schedule subject to change, please refer to Coach's Update each week for changes.

Practice Schedule 2023-2024

Dryland Schedule

Tuesday	Thursday
5:30-6:00 PM Green, Red	5:30-6:00 PM Green, Red
6:00-7:00 PM Blue, Silver	6:00-7:00 PM Blue, Silver

Goals for Dryland:

- Overall physical fitness
- Stroke specific movements
- Reduce injuries

Practice Notes:

- Assigned coaches work with their groups Monday-Thursday
- Friday and Sunday practice is skill specific
- Rotating coaches for Friday/Sunday
- Mixed lanes on Friday/Sunday to challenge swimmers
- Stretching routines built into practice
- Swimmers must enter/exit through the Aquaventure lobby

GROUP DESCRIPTIONS

Technique

Aerobic/
Anaerobic

PURPLE

- Entry point
- No age limit
- Heavily focused on technique
- Practice focuses on 50's and 100's
- Getting used to year-round swim

90%

10%

GREEN

- Introducing intervals
- Building technique through drills
- Motivated to improve!
- Stroke turns and diving from block

70%

30%

RED

- Focus on increasing speed of proper technique
- All strokes meet technique expectations
- Goal setting becomes critical

50%

50%

GROUP DESCRIPTIONS

BLUE

- Self-Timing
- Focus on getting stronger and faster
- Open lines of communication with coaches about times, skills and goals

30%

70%

SILVER

- Defined goals
- Expectations
 - Coach communication
 - Attending meets
 - Be a leader
- Higher intensity

10%

90%

Protocol for Transitioning Groups

- Evaluations will happen ONCE a month
- The last Friday of every month
- Evaluation Request form needs to be completed prior to the last Friday
 - Found on Riptides Website
- Head Coach will reach out after form is done online
- If the swimmer does not pass test set, they receive specific feedback for improvement

Purple

- 50 Freestyle, 50 Backstroke, 50 Breaststroke, 25 Dolphin

*Standing or race start dive

Green

- 100 Free, 100 Backstroke, 100 Breaststroke, 50 Butterfly, 100 IM

*Understanding .00 and .30 intervals, attentive throughout practice, engaged and asking questions, motivated to improve technique, showing best effort regardless of ability.

Red

- 200 Freestyle @ 5:30-6:00, 200 IM @ 5:00-5:30
- ❖ 100 Breaststroke, 100 Butterfly, Race dives from the start block

*Understanding .00, .15, .30, and .45 intervals, meeting a 2:15 interval for Freestyle, encouraged to increase the speed of proper technique.

Blue

- 8 X 50 Free @ 2:00, 3 X 200 IM @ 4:00, 6 X 50 Free @ <.40 pace on 2:00
- ❖ 200 Free, 200 Back, 200 Breast, 100 Fly, 200 IM

*Know intervals, self-timing, 4-6 Dolphin Kicks out of turns, Free/Back Flipturns at every wall, understand pacing.

Silver

- 12 x 25 @ .40 IMO, 400 IM, 10 x 100 @ 1:45
- ❖ 500 Free, 200 Back, 200 Breast, 200 Fly, 400 IM

*Self aware of intervals, pacing, and active recovery, specific goals,

→ Need to SEE

❖ Need to be able to DO

*Additional Skills (build on each other per group)

SWIM MEETS

Schedule

- At least one meet a month
- Rocky Mount, Winston Salem, Goldsboro, Aquaventure, Minges, etc.
- Cannot confirm meet attendance until info packets are released



Preparation

- Wednesday - Friday prior to the meet
- Setting goals, going over technicalities, etc
- Time to ask questions
- At least ONE prep practice will be required to attend the meet
- No cancelling declarations

SWIM MEET DECLARATION

Process

- Declaration window
- Find your swimmer
- Mark the sessions you plan to attend
- If you cannot attend, do nothing!

Rocky Mount Swim Meet (1/7/23-1/8/23) Session Assignments:

Please mark the session(s) your swimmer will be attending by putting an "X" in the corresponding box. If your swimmer has "NBD" next to their name, please log into your portal and enter their birth date. All session assignments are due by Wednesday, 12/21/22 at 9:00 PM.

Swimmer	Saturday Morning (10 & Under)	Saturday Afternoon (11 & Up)	Sunday Morning (10 & Under)	Sunday Afternoon (11 & Up)
Bailey Allen - 11		x		
Sawyer Allen - 6	x			
Genevieve Alston-10	x		x	
Willow Aman - 9				
Maci Arnold - 9			X	
Ryleigh Baker - 12		X		
Jefferson Black - 5				
Bristol Bleau - 11		X		X
Nathan Barrett-11				
Elizabeth Briley-10				
Emma Briley-13		X		

Swim Clinics & Joint Practice

Multiple opportunities for swim clinics this season:

- Skill specific clinics with outside coaches and swimmers
- Joint practice opportunities with other swim teams
- Fitter Faster Swim Clinics



Coach Meetings

- Monthly meetings for all coaches
- Assess and review group progress
- Identify areas of improvement
- Strategize for upcoming events/meets
- Keep all coaches in the loop
- Set goals and keep up with progress



Riptides of the Month



- Chosen by the coaches at the end of the month
- Male/female swimmers; Dryland athlete
- Athletes who have worked hard consistently in practice all month, met goals, excelled in all areas
- Athletes posted on the Riptides Instagram, shout out in TeamReach

MEDIA RELEASE + SOCIAL MEDIA



Instagram: @aquaventure_riptides

Facebook: Aquaventure Riptides

Media Release Form: Sign upon registration

**We do not release full names of swimmers or any additional identifying information.*

Team Management Software

- Commit Swimming (not same as Tridents)
- Team Website (access portal link)
- Manage swimmer profile
- Card on file for purchases
- Integrated event calendar

Commit Pro's:

- Simple interface
- Timely support
- More control over accounts
- Complete workout tracking system



Registration Info

- Separate portals for team and USAS registration
- If you registered as a Premium athlete last season you are good through December
- Practice fees billed the first of each month

Why Register?

All swimmers participating on a USAS certified team must be registered.

Training unregistered swimmers can cause loss of insurance and certification for our club.



Account Changes

Any changes must be submitted via the appropriate form:

- Account Pause Request
- Commitment Change Request
- Return To Team Request
- Requested changes will take effect on the 1st of the following month.



We make account changes very easy. For that reason, we cannot offer refunds for failure to request an account change. Requests forms can be found on our website.

Commitment Levels

Group					
Purple	1 Day	2 Day	3 Day		
Green		2 Day	3 Day	4 Day	
Red		2 Day	3 Day	4 Day	
Blue		2 Day	3 Day	4 Day	5 Day
Silver		2 Day	3 Day	4 Day	5 Day

Practice groups are assigned once swimmers complete an evaluation with Riptide Coaches. Commitment levels can change throughout the season by request.



Team Communication

Download TeamReach

Code: **AQUA2324**

Contact coaches directly,
receive time sensitive updates
and more.

Head Coach

Mike:

mgodwin@aquaventurenc.com

Parent Board

aquarisingtides@gmail.com

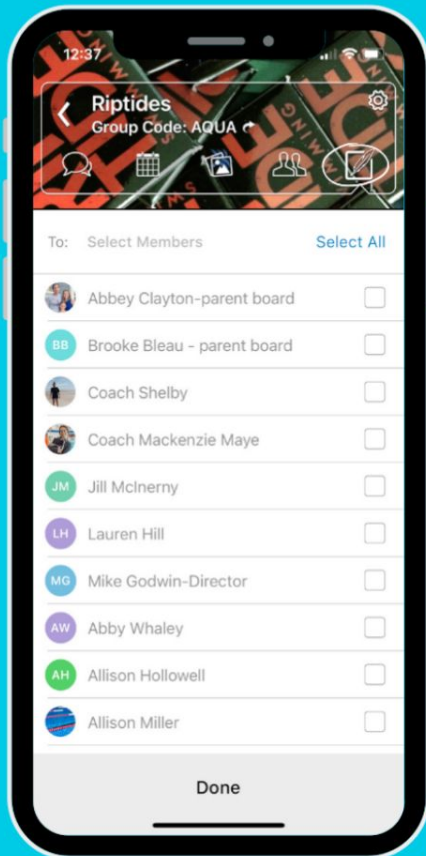
Aquaventure Front Desk

(252)-931-8081



TEAMREACH

DIRECT MESSAGE



Direct Message

- Daily updates about your specific child (sick, attending xyz days this week, etc)

- Daily Practice adjustments (James will not be swimming today even though it is his scheduled day)

Questions that pertain to you and your specific schedule

Questions regarding your billing situation

Post Wall

- Questions about program-specific updates

- Items that pertain to all Riptides parents

POST WALL

