

# WOODLANDS

*Swimming*



# **Wisdom Wednesday**

**with**

**Tim Bauer – Head Coach**

**and**

**Shana Trabona – Head Age Group  
Coach**

**The Woodlands Swim Team**



# THE WOODLANDS SWIM TEAM

## Training Groups

| Group   | Ages   | Time Standard   | Practice Expectations School  | Practice Expectations Summer  | Meets | Requirements   | Outside Activities     |
|---|--|---|---|---|-------|--|------------------------|
| NOTE: ALL GROUP PLACEMENT AT COACH'S DISCRETION. All age requirements reflect age at seasonal championship meet. Swimmers with pre-existing injuries must have approval from both current and prospective group coaches before change in status can be completed. This document continues to evolve as the Head Coach and Head Age Group coach reserve the right to refine group descriptions and requirements to continue to strengthen the team and the swimmer experience. |  |   |   |   |       |  |                        |
| NATIONAL  |  | Junior NCSA National  | 4 morning & 5 afternoon   | 6 morning and 4 afternoon practices during summer                                 | All   | Head Coach approval  | Strongly discouraged   |
| SENIOR GOLD   |  | Sectionals in at least 1 event                                      | 4 morning & 5 afternoon   | 6 morning and 4 afternoon practices during summer                                 | All   | Head Coach approval  | Strongly discouraged   |
| SENIOR SILVER   | 15 year old +  | Coach recommendation  | 4 morning & 5 afternoons  | 6 morning and 4 afternoon practices during summer                                 | All   | High desire to improve and make steps to advance into Senior Gold or National Team. Training to make Sectional cuts. Allowed to miss 1-2 practices/ month.         | Strongly discouraged   |
| SENIOR BRONZE I   | high school  | Coach appointed   | 5 afternoons weekly + Sat am  | 3 morning and 5 afternoon practices during the summer                             | All   | High desire to improve and advance into the Silver levels and above in program.  | Discouraged            |
| SENIOR BRONZE II  | high school  | Coach appointed   | 5 afternoons weekly + what high school requires for AM swimming grade | PM practices  | Some  | Designed for goal oriented high school swimmers. Workouts to fit needs of all athletes in this group. Swimmers encouraged to attend as many practices as possible. | Allowed, Summer league |
| SHARK   | 12-14 years old                                      | TAGS level swimmer, Fastest age-group training level                | 2 mornings & 5 afternoons and Saturdays                               | 6 mornings and 3-4 afternoons   | All   | Early release program. No ongoing injuries. High desire to improve, be a team leader, puts the teams needs first.  | Strongly discouraged   |
| PIRANHA   | 11-14 years old                                      | Coach appointed   | Min of 4 practices weekly or as needed for private PE grade           | 3-4 morning practices and 4 afternoon practices during summer                     | Most  | Early release program. Desires to do well, shows commitment to team. Intermediate and higher training levels for this age group.                                   | Discouraged            |
| BARRACUDA   | 11-14 years old                                      | Coach appointed   | Min of 3 practices weekly or as needed for private PE grade           | 4 afternoon practices weekly and occasional morning or Saturday practices offered | Most  | Desires to do well, but not required to be only sport. Introductory / intermediate level for these age groups.   | Allowed, Summer league |
| GREEN   | 11-12 years old                                      | Training at TAGS level. Fastest workout intervals for 12 & Unders   | 5 afternoon practices / some Saturdays during school                  | 4-5 morning practices and 4 afternoon practices during summer                     | All   | Early release program. High desire to improve and puts the teams needs first. Must be able to make the hardest intervals set by coach.                             | Discouraged            |
| BLACK   | 8-10 years old                                       | May have TAGS in 1 event, fastest workout intervals for 10 & Unders | 5 afternoon practices / some Saturdays during school                  | 4-5 morning practices and 4 afternoon practices during summer                     | All   | Demonstrates strong motivation to improve and puts the teams needs first. Must make intervals set by coach.  | Allowed, Summer league |
| RED   | 8-10 years old                                       | Coach appointed   | Max of 4 practices weekly   | 4-5 afternoon practices weekly  | Most  | Desires to do well, but not required to be only sport. Graduating Goonie swimmers move into Red.   | Allowed, Summer league |
| GOONIES   | 8-10 years old                                       | working towards BB times  | Max of 4 practices weekly   | Max of 4 practices weekly   | Most  | Hold interval of 1:30-1:50 for 50x100 free with fins. Goonie swimmers move into Red as their next step.  | Allowed, Summer league |
| HOGWARTS  | 6-9 years old  |   | Max of 4 practices weekly   | Max of 4 practices weekly   | Most  | Ability to swim all 4 strokes (legally)  | Allowed, Summer league |
| SHARK TALES   | 4-9 years old  |   | Max of 3 practices weekly   | Max of 3 practices weekly   | Some  | Ability to swim all 4 strokes (not all legal)  | Allowed, Summer league |
| NEMOS   | 4-8 years old  |   | Max of 3 practices weekly   | Max of 3 practices weekly   | Some  | 50y free & 50y back independently  | Allowed, Summer league |
| BLUE - LATE EVENING GROUP   | 8-14 years old                                       |   | Max of 4 practices weekly   | TBD   | Most  | Desires to do well, but not required to be only sport. Ability to swim all 4 strokes (legally)   | Allowed, Summer league |
|   | **ALL AGES REFLECT AGE AT SEASONAL CHAMPIONSHIP MEET |   |   |   |       |  |                        |

# **Tim's Favorite Drill**

## **Walk the Bottom Drill**

- **Best drill for shallow pool / walk on bottom**
- **Big believer in seeing what hands can do**
- **With chin on water, walk half the pool making sure hands are in right place entering and starting catch**
- **Make sure you finish past the hips**
- **Halfway through, push off bottom and swim to end continuing to focus on these things**

# **Walk the Bottom Video**

# National Team – Favorite Set

**20 x 50 ( 6 @ :45 4 @ 1:00 kick, repeat)  
16 x 75 KDS @ 1:15  
then split into groups**

| <b><u>IM</u></b>  | <b><u>FREE / MID</u></b>   | <b><u>STROKE</u></b>  | <b><u>SPRINT</u></b>   |
|---|--|---|--|
| 3 x<br>2 x 400 IM @ 6:15<br>second one better<br>3 x 200 @ 3:15 dec 1-3<br>Rd1 = FL<br>Rd 2 = BK<br>Rd 3 = BR | 3 x<br>3 x 475 @ 6:30<br>Dec 1-3 by rounds<br>Rd 1 try to be w/in :10<br>sec of best time<br>Rd 2 w/in :05 sec of<br>best time<br>Rd 3 best times<br>After 3 times through,<br>swim a 500 FAST | 3 x<br>8 x 25 @ :30<br>1E/2F/2E/3F4 x<br><br>2 x 300 @ 4:15<br>Every 3 <sup>rd</sup> lap sprint fast<br>primary | 2 x 800 pull @ 9:30<br><br>4 x<br>4 x 100 @ 1:20<br>8 x 25 @ :40<br>Sprint |
| then<br>24 x 25 @ :30<br>Rd 1 Kick<br>Rd 2 Swim<br>Rd 3 Kick<br>25s are Roller Coaster<br>(1E/2 F/2E/3F)      | then<br>24 x 25s same as IM<br>group   | 4 x 50 @ 1:00 faster<br>than 200 pace<br><br>1 x 800 pull<br><br>24 x 25s same as IM<br>group                   | 1 x 400 kick sprint<br><br>warmdown  |

# **Shana's Favorite Drills**

- **Breaststroke Tennis Ball Toss**
- **Breaststroke Push Drill w/ Tennis Ball**
- **Tennis Ball Backstroke**

# **Tennis Ball Toss**

- Swimmer starts with one tennis ball in hand.
- Swimmer takes one stroke and when hands get under chin, lift hands out of water and toss ball forward using both hands.
- They then take one regular stroke and grab the ball on the second stroke and repeat.



# **Tennis Ball Toss Video**

# **Breaststroke Push Drill**

- Using tennis ball and building off previous drill.
- Swimmer attempts to push water in front of ball to scoot the ball forward.
- Like it because of the work and focus needed to get drill right.

# **Push Drill Video**

# Tennis Ball Backstroke

- Swimmer uses two tennis balls, one in each hand.
- Doing 25s, they go halfway using underwater dolphin kick with wrists crossed in streamline, then spin drill w tennis balls in hand.
- This helps swimmers get more tempo because they are swimming w/ forearm and not their hands.

# **Tennis Ball Backstroke Video**

# **Shark Group – Favorite Set (State/Elite 13 & 14 year olds)**

**18 x 200 IM**

**Rnd #1 (drop a 25 FL, add a 25 BK)**

- 1)5 FL-1BK-1BR-1FR
- 2)4FL-1BK-1BR-2FR
- 3)3FL-1BK-1BR-3FR
- 4)2FL-1BK-1BR-4FR
- 5)1FL-1BK-1BR-5FR
- 1 x 200 FR EZ @ 3:00

**In yards:**

- 125 FL, 25 BK, 25 BR, 25 FR
- 100 FL, 25 BK, 25 BR, 50 FR
- 75 FL, 25 BK, 25 BR, 75 FR
- 50 FL, 25 BK, 25 BR, 100 FR
- 25 FL, 25 BK, 25 BR, 125 FR

**Rnd #2 (drop a 25 BK, add a 25 FR)**

- 1)1FL-5BK-1BR-1FR
- 2)1FL-4BK-1BR-2FR
- 3)1FL-3BK-1BR-3FR
- 4)1FL-2BK-1BR-4FR
- 5)1FL-1BK-1BR-5FR
- 1 x 200 FR EZ @ 3:00

- 25 FL, 125 BK, 25 BR, 25 FR
- 25 FL, 100 BK, 25 BR, 50 FR
- 25 FL, 75 BK, 25 BR, 75 FR
- 25 FL, 50 BK, 25 BR, 100 FR
- 25 FL, 25 BK, 25 BR, 125 FR

**Rnd #3 (drop a 25 BR, add a 25 FR)**

- 1)1FL-1BK-5BR-1FR
- 2)1FL-1BK-4BR-2FR
- 3)1FL-1BK-3BR-3FR
- 4)1FL-1BK-2BR-4FR
- 5)1FL-1BK-1BR-5FR
- 1 x 200 FR EZ @ 3:00

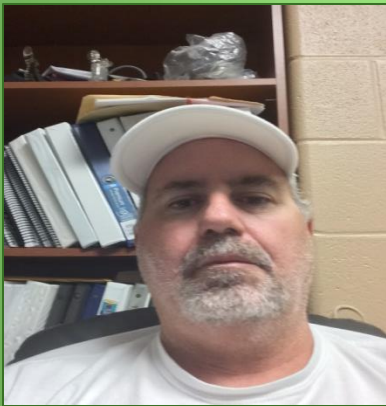
- 25 FL, 25 BK, 125 BR, 25 FR
- 25 FL, 25 BK, 100 BR, 50 FR
- 25 FL, 25 BK, 75 BR, 75 FR
- 25 FL, 25 BK, 50 BR, 100 FR
- 25 FL, 25 BK, 25 BR, 125 FR

# A Word About Roller Coaster

- Can be used with any distances or strokes.
- When doing this set with strokes, we will do the fast part as stroke work and the easy part as freestyle.
- Example: 8 x 25s 1EZ/2Fast/2EZ/3Fast.
- Second variation: 8 x 50s EZ as worst stroke/Fast as primary.

# **The Woodlands Swim Team Contact Info**

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**More information about TWST?**  
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