

SWIM TEAM GENERAL INFORMATION



OJAI HEAT WAVES is a year round swim team that provides youth competitive swimming for all ages and abilities with an emphasis is on education, achievement, and community. Our goals are to offer our members the highest quality stroke instruction, create enthusiasm for competitive swimming, and offer the Ojai Valley community youth the opportunity to pursue swimming as a life-long sport. We emphasize personal goal setting, excellent technique, health, fun and friendship.

Format: We strive to provide a work out and technical training while balancing the skill level, ages and abilities of the individual swimmers. The team is separated into four levels. Our goal is too advance swimmers through these levels, keeping them excited about swimming and seeing their own progress as they advance. Please see the detailed level prerequisites, goals and expectations.

Swim Meets: Southern California (USA) Swimming. We compete in one/two swim meets per month at home and away. Home meets require parent volunteers for timing and ribbon writing once each season. Southern Pacific swim meets charge meet entry fees. Swim meet attendance is encouraged but optional for Novice and Junior I and II. Junior Advanced swimmers must compete in USA swim meets offered during the season of attendance. Please see more information on Junior Advanced expectations.

Equipment: Custom team gear and equipment is available for purchase at <http://www.swimoutlet.com/OJAIHEAT>

Swimmers need:

- one piece suit for girls
- Speedo or Jammer trunks for boys.
- goggles that fit well,
- Swimmers with long hair need a swim cap-Team caps are available in the OVAC front desk. OVAC offer 20% off to swim team members for goggles and caps

Optional:

- Training fins
- Parka available for purchase at: http://store.truwest.com/Ojai-Swim-Team_c_542.html
- Team Logo wear

Parents:

- Have swimmer arrive to practice on time with goggles and cap
- Payments must be received PRIOR to swimming(refer to billing agreement)
- Parental questions/concerns must be addressed before/after practice, by email, or phone. **DO NOT SPEAK WITH COACHES DURING PRACTICE.**
- Parents must drop off/pick up their child within 15 min of practice start end either on deck or at a pre determined spot. Please notify the coaches on your pick up plan.
- **OVAC facility rules state no children under 14 are allowed to use the pools without supervision. This rule applies to swim team before and after practice.**
- Encourage them to participate in our swim meets
- Stay informed by reading team emails.

OVAC HEAT WAVES

Level Descriptions



Novice-Entry Level Pre-Competition

Pre-requisites

- Must be able to swim 25 front crawl without assistance
- Must be able to tread water for 30 seconds
- Must be able to listen to coach and follow instruction

Skill Focus

- Freestyle side breathing, freestyle technique
- Side kicking
- Streamline,
- Flutter kicking with a kick board
- Backstroke
- Beginning diving
- Dolphin Kick

Practice Format

- 2 days a week 45 min
- 10 min warm-up
- 15 minutes drills
- 10 min conditioning
- 10 min games

Advancement Goal

- Swim a 50 free side-breathing comfortably with streamline push off to the flags
- Swim 25 Backstroke
- Basic dive from the deck into diving well
- Ability to listen and follow instructions from the coach
- Motivated to move into the next level

Parent Responsibility and commitment

- Make sure swimmer arrives to practice on time
- Make sure swimmer comes to practice with cap and goggles(well fitting)
- Pay swim dues timely

Junior 1: Developing Competitive swimming skills Ages: 6-12

Pre-Requisites:

- 2 lengths(50 yards) of freestyle with comfortable side breathing
- 1 length of Back swimming non-stop
- Tread water in deep end for 1 min
- Streamline off wall under water past the flags
- Dive off deck into diving well

Skill Focus:

- Enjoy swimming and demonstrate sportsmanship and teamwork
- Refining freestyle
- Learn of all four strokes
- Legal breast stroke kick
- Perform basic starts and turns (racing starts, flip turns, open turns)
- Learn practice etiquette and language (circle swim, use the clock, distances)
- Proficiency in all freestyle progression drills

Practice Format:

- 3 hours 3 days per week
- 10 min warm up
- 10 min technique drills freestyle
- 10-20 min stroke technique
- 10 min conditioning swimming
- 10 min fun activity/game

Advancement Goal:

- Ability to swim all four strokes
- Legal Breaststroke
- Swim 100 IM
- Dive off deck into lap pool
- Understand the clock
- Understand distance language
- Circle Swim

Parent Responsibility and Commitment:

- .Make sure arrives swimmer to practice on time
- Make sure swimmer have competition suit(Boys jammer, girls one piece)
- Make sure swimmer has well-fitting goggles and cap
- Be willing to commit to one swim meet per quarter
- Pay swim dues timely

Junior II- Beginning Competition Training Ages: 8-13

Pre-Requisites:

- Junior I prerequisites plus:
- 100m Free with flip turn no stopping under 2:00
- Swim 100 I.M. legally
- Circle swim
- Know the clock

Skill Focus:

- Refining all four strokes technique
- Proficient in competition rules
- Learning interval training
- Mastering the clock
- Knowing times and setting goals
- Working toward USA swimming time standards
- Becoming conditioned to workout sets

Practice Format:

- 3-5 day week/1 hour
- 10 min warm up
- 15 min technique drills
- 25-30 work out sets
- 5-10 warm down or fun activity

Advancement Goals:

- Swim 200m Free no stopping streamline all walls
- Understand the clock
- Swim 6x50 @ 1:10
- Dive start from blocks
- Swim 200 IM
- Motivation to achieve goals and compete

Parent Responsibility and Commitment:

- Make sure arrives swimmer to practice on time
- Make sure swimmer have competition suit(Boys jammer, girls one piece)
- Make sure swimmer has well-fitting goggles and cap
- Be willing to commit to at least one swim meet per quarter and YMCA Championship
- Pay swim dues timely

Junior Advanced-Age 8-13 Competition Training

Prerequisites:

- Junior II plus
- Swim 200 with streamlines and flip turns in 4:00
- Swim 200 IM legally
- Motivation to compete in USA swimming



Skill Focus:

- Junior II plus
- Setting goals for competition
- Prepare and attends all swim meets offered
- Refine stroke technique, race starts and turns
- Training with intensity and purpose

Practice Format

- 3-5 days week 1.5 hours
- 20 warm-up
- 15 min kick set
- 15 min technique drill set
- 30 work out interval set
- 10 min warm down or fun activity

Parent Responsibilities/Commitment:

- **Make sure swimmer has team suit and cap**
 - a) Suit available at <http://www.swimoutlet.com/OJAIHEAT>
 - b) Cap available at the OVAC front desk
 - c) Must wear team suit to swim meets
- **Attend all USA swim meets offered (at least one day of)**
 - a) We will go to at least one meet per quarter; meets are usually 2 days with morning and afternoon events separated by age.
 - b) Meet registration will be mailed in prior to the swim meet.
 - c) We will not be traveling far enough for overnight stays.
- **Make sure swimmer is attends a minimum of 3 practices a week(2 for 9&U)**
- **Register swimmer with USA swimming**
 - a) Fill out 2018 Southern California Swimming Athlete Registration
 - b) Return registration with check for \$66 to Southern California swimming