

Sacramento Aquatics Club

I Why USA Swimming

- a. USA Swimming is constantly working to make swimming better and safer for ever Team, parent and swimmer
- b. USA Swimming works to ensure that every swimmer is coached by a professional
- c. USA Swimming provides training for teams to ensure that every team can be successful
- d. USA Swimming provides clinics, podcasts and many other motivational programs to keep the swimmers on track to reach their potential.
- e. There are programs and education available to parents
- f. Every swimmer has a voice

II Benefits (how is this better for my kids)

- a. You can start any time of year with no limitations
- b. New Teams, new competition (time for a change)
- c. First year league records
- d. Smaller than rec swimming with better competition

III USA Summer League

- a. Designed for the swimmers to have fun with head to head team competitions, relays and Champs.
- b. I have three teams on board and an invite going to a couple more teams with the goal being 5 or 6 teams Folsom , Woodland. FRAC. Looking for like size teams.
- c. Multiple meet formats to give swimmers a chance to swim new events that will better prepare them for future competitions
- a. Dual meets on a weeknight?.

IV Proposed meet format(s)

- a. Coaches will submit different meet formats that will uniquely challenge swimmers to develop new skills and keep them motivated.
- b. My proposals included events like long free (200 Free) that is open to any age group, IM's for 8-un, stroke sprints (50 Fly, back breast) for the older kids. Multiple age group relays to get all swimmers involved in relays.
- c. Something for everyone

V My experience tells me

- a. If you raise the bar, we do better
- b. If you've been swimming for three seasons or more, you're a swimmer
- c. Plan your swimming future. Plan for success
- d. Coaches can make a difference
- e. Friends for life