

# HARRISON MEADOWS JUNIOR SWIM TEAM

Instructional program designed for swimmers who are new to team swimming and have not yet competed.

**GOAL:** BUILD A STRONG FOUNDATION IN PROPER STROKE DEVELOPMENT WHILE GRADUALLY INTRODUCING MORE ADVANCED TECHNIQUES TO IMPROVE EFFICIENCY, ENDURANCE, AND CONFIDENCE.



## PRACTICE STRUCTURE

- **WARM-UP SET:** SWIMMERS BEGIN EACH SESSION BY LOOSENING THEIR MUSCLES AND REFINING BASIC TECHNIQUE, PREPARING THEM PHYSICALLY AND MENTALLY FOR PRACTICE.
- **DRILL PHASE:** THE PACE INCREASES AS SWIMMERS COMPLETE DRILLS FOCUSED ON BUILDING STAMINA AND STRENGTH. DRILLS VARY EACH PRACTICE TO KEEP TRAINING ENGAGING AND EFFECTIVE.
- **RACING SKILLS:** SWIMMERS LEARN ESSENTIAL COMPETITIVE SKILLS, INCLUDING RACING DIVES AND FLIP TURNS, HELPING THEM FEEL PREPARED AND CONFIDENT IN A MEET ENVIRONMENT.
- **COOL DOWN:** PRACTICES CONCLUDE WITH A STRUCTURED COOL DOWN TO PROMOTE MUSCLE RECOVERY AND REINFORCE PROPER TECHNIQUE.

Throughout the program, swimmers gradually increase their practice distance by applying improved technique and developing greater strength and endurance. This steady progression builds **confidence**, encourages continued **improvement**, and fosters a love for the sport. Participants also learn the importance of **teamwork**, **dedication**, and **sportsmanship**.



## **COACHING STAFF:**

**LED** BY SCOTT WILLIFORD AND KASEY METZGER, BOTH CERTIFIED BY THE AMERICAN RED CROSS AND THE USAA SWIM COACHING ASSOCIATION. TOGETHER, THEY BRING EXTENSIVE EXPERIENCE COACHING AT BOTH VARSITY AND RECREATIONAL LEVELS. SCOTT AND KASEY SHARE A STRONG **PASSION** FOR THE SPORT OF SWIMMING AND ARE **DEDICATED** TO HELPING EACH SWIMMER DEVELOP THEIR SKILLS, BUILD **CONFIDENCE**, AND REACH THEIR FULL POTENTIAL.

## **PRACTICE SCHEDULE**

PRACTICES RUN FROM MONDAY, JUNE 1ST, THROUGH WEDNESDAY, JULY 1ST. SESSIONS ARE HELD WEEKLY ON MONDAY, TUESDAY, AND WEDNESDAY. EACH PRACTICE **BEGINS PROMPTLY AT 4:00 PM AND CONCLUDES AT 4:45 PM.** TEAM MEMBERS SHOULD BE ON THE POOL DECK BY THE DEEP END AND READY TO BEGIN PRACTICE PROMPTLY AT 4:00 PM. SWIM GOGGLES ARE ADVISED AND SHOULD BE ADJUSTED PRIOR TO PRACTICE. FAMILY MEMBERS AND FRIENDS ARE ENCOURAGED TO ATTEND AND CELEBRATE SWIMMERS' PROGRESS THROUGHOUT THE SEASON. GUESTS ARE ALSO WELCOME TO STAY AFTERWARD AND ENJOY DINNER AT THE CABANA GRILLE.



## **Requirments**

Participants must be at least 6 years old by June 8th, 2026, and be able to swim one lap (25 yards) using any stroke without stopping.

## **Registration**

Registration forms are available on the HMCC website or through the HMCC app under the Pool tab. Completed forms may be dropped off at the front desk or emailed to **swilliford@harrisonmeadowssc.com.**

Program cost is \$300 per participant, billed directly to the member's account.