

Seasonal Plan 2011-2012



"Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming."

-- John Wooden

Kansas Swimming

Our Team Philosophy is one of:

- 1. Hard Work**
- 2. Discipline**
- 3. Accountability**
- 4. Personal Achievement**

We are about the One Thing...

Maximizing Potential

K A N S A S

Swimming & Diving

Mission:

80% Lifetime Best Times
Score 500+ points at Conference
Winning Dual Meet Record
Team GPA over 3.25 each semester
Qualify 4+ athletes for NCAA

“We *commit* to...to accomplish our goals”

- Keep the main thing the main thing
- Respect and speak positively about teammates and coaches
- Strive for excellence athletically and academically
- Make smart choices socially, athletically and nutritionally
- Know & pursue your role on the team
- Take responsibility for your actions
- Attitude is everything
- Support teammates in and out of pool (vocally and emotionally)
- Communicate honestly and openly with teammates & coaches
- Be open and accepting to diversity and adversity
- Learn from past experiences and then move forward
- Enjoy the journey and have fun

Together Everyone Achieves More

KU Swimming & Diving 2011-2012 Schedule

| <u>Date</u> | <u>Opponent</u> | <u>Location</u> | <u>Time</u> |
|--------------------|-----------------------|---------------------|---------------|
| Fr, Sept 30 | Intrasquad | Lawrence, KS | 4:00p |
| Sa, Oct 8 | Arizona/UNLV | Tucson, AZ | 10:00a |
| Fr, Oct 21 | Minnesota | Minneapolis, MN | 4:00p |
| Sa, Oct 22 | N. Iowa/N. Dakota | Cedar Falls, IA | 11:00a |
| Sa, Oct 29 | Illinois | Lawrence, KS | 1:00p |
| Fr, Nov 11 | Missouri | Lawrence, KS | 5:00p |
| Sa, Nov 19 | Nebraska-Omaha | Lawrence, KS | 11:00a |
| Th-Su, Dec 1-4 | Mizzou Invite | Columbia, MO | All Day |
| Jan 3-10 | Training Trip | Mayaguez, PR | |
| Sa, Jan 14 | Nebraska | Lawrence, KS | 1:00p |
| Sa, Jan 21 | Arkansas/North Texas | Fayetteville, AR | 1:00p |
| Fr-Sa, Feb 3-4 | Iowa State | Ames, IA | 6p/10a |
| We-Sa, Feb 22-25 | Big 12 Championships | Columbia, MO | 10a/6p |
| Su, Feb 26 | Last Chance Meet | Columbia, MO | 10:00a |
| Fr-Su, March 9-11 | Zone Diving | TBD | All Day |
| Th-Sa, March 15-17 | NCAA Championship | Auburn, AL | 11a/7p |

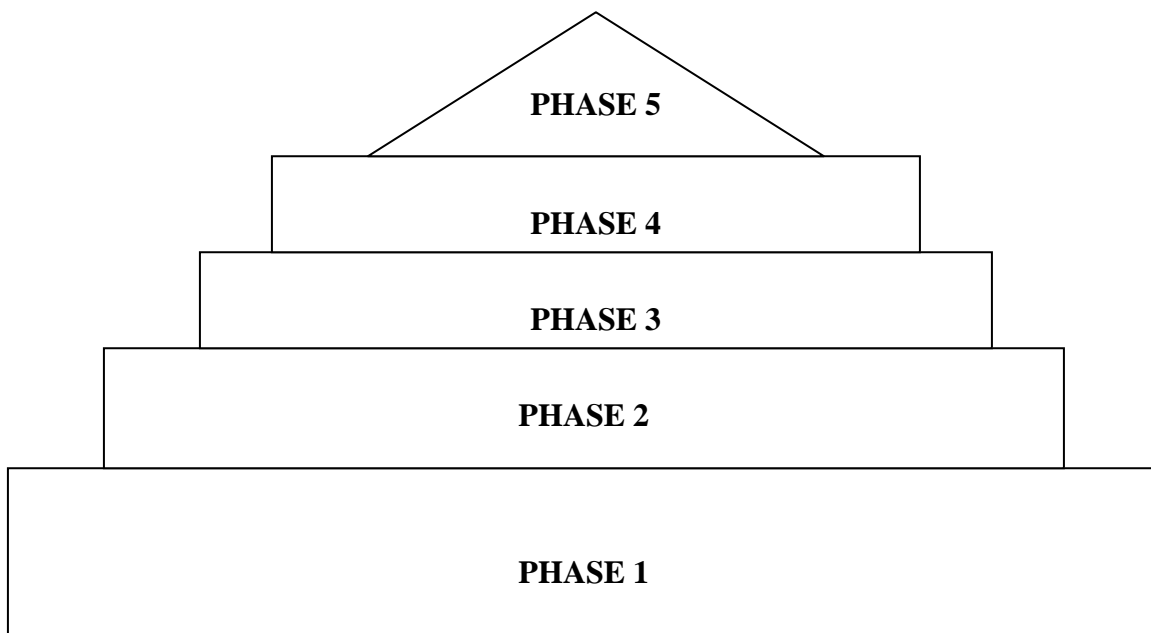
Home Meets in BOLD

2010-2011 TRAINING CALENDAR

| <i>Week of</i> | <i>Phase</i> | <i>Competition (other)</i> |
|----------------|-----------------------|--|
| Aug 20 | Phase 1 | |
| Sept 5 | | |
| Sept 12 | | |
| Sept 19 | Phase 1b | |
| Sept 26 | | Intrasquad |
| Oct 3 | | @Arizona/UNLV |
| Oct 10 | | |
| Oct 17 | Phase 2 | @Minnesota + @UNI/UND |
| Oct 24 | | v. Illinois |
| Oct 31 | | |
| Nov 7 | | v. Missouri |
| Nov 14 | | |
| Nov 21 | | Thanksgiving Break |
| Nov 28 | | @ Mizzou Invite |
| Dec 5 | Phase 3 | |
| Dec 12 | | Final Exams (leave Dec 20 after AM practice) |
| Dec 19 | | Home (return to KU Dec 28) |
| Dec 26 | | |
| Jan 2 | | Training Trip |
| Jan 9 | | v. Nebraska |
| Jan 16 | Phase 4 | @Arkansas/UNT |
| Jan 23 | | |
| Jan 30 | | @ Iowa State |
| Feb 6 | | |
| Feb 13 | Phase 5 | |
| Feb 20 | | BIG 12 CHAMPIONSHIPS |
| Feb 27 | | Mandatory Post Season |
| March 5 | | Mandatory Post Season |
| March 12 | | NCAA CHAMPIONSHIPS |
| March 19 | Spring Break | |
| | | |
| March 26 | Start Spring Training | |
| April 2 | | |
| April 9 | | |
| April 16 | Mandatory 20 hrs | |
| April 23 | Mandatory 20 hrs | LCM Meet |
| April 30 | Mandatory 20 hrs | |
| May 7 | | Final Exams |
| May 14 | | |
| May 21 | | |
| May 28 | | Jayhawk Swim Camp |
| June 4 | | Omaha Test Meet |
| June 11 | | |
| June 18 | | |
| June 25 | | OLYMPIC TRIALS |
| July 2 | | OLYMPIC TRIALS |
| July 9 | | |
| July 16 | | SECTIONALS |
| July 23 | | |
| July 30 | | |
| August 6 | | US OPEN |
| August 13 | Mixed Fitness | |

Training Plan for Collegiate Season

- I. Phase 1 (Aug 29-Oct 11)**
 - A. Build Aerobic and Technique Base while Minimizing Resistance
 - B. 1a-Light swim, heavy dryland
 - C. 1b-More of everything
 - D. AM swim workouts begin Sept 19
- II. Phase 2 (Oct 12-Dec 4)**
 - A. Grid. Sharpen up
- III. Phase 3 (Dec 5-Jan 15)**
 - A. Build Aerobic Power
- IV. Phase 4 (Jan 16-Feb 12)**
 - A. Grid. Sharpen up
- V. Phase 5----Championship Season (Feb 13-March 19)**
 - A. Peak, GET YOUR GOALS!
 - B. Taper Time
 - C. Highly individualized



TRAINING ZONES

- | | |
|------------------------------|--------------|
| A. Zone 1-Endurance (smooth) | (HR <150) |
| B. Zone 1.5-Cruise (steady) | (HR 150-160) |
| C. Zone 2-Threshold (strong) | (HR 160-180) |
| D. Zone 3-Race Pace (fast) | (HR 180+) |
| E. Zone 4-Power (50 Pace) | (HR-na) |

TRAINING GRIDS

Weekly Schedule Phase 1a (Aug 29-Sept 18)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---------------------|--------------------------------------|---|--------------------------------------|---------------------|-----------------|
| AM | Weights* 730-815 | Stadium Workout 615-7 | Off | Stadium Workout 615-7 | Weights* 730-815 | OYO Run |
| PM | Swim 320-450 | Dryland TM Swim 250-415 | Team Workshop 400 Team Run | Dryland TM Swim 250-415 | Swim 320-450 | |

Weekly Schedule Phase 1b (Sept 19-Oct 11)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--------------------------------------|--|--------------------------------------|--|-----------------------------|
| AM | Swim 555-710 Weights* 730-815 | Stadium Workout 615-7 | Weights* 730-830 | Stadium Workout 615-7 | Swim 540-710 Weights* 730-830 | Swim 7-9 Team Run |
| PM | Swim 320-520 | Dryland TM Swim 250-520 | Run Swim 320-520 (Team Workshop/Run on Sept 21) | Dryland TM Swim 250-520 | Swim 320-520 | |

Typical Weekly Grid Oct 12-End of Season

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|----------------------------------|--|----------------------------------|--|-----------------|
| AM | Swim 555-710 Wts* 730-815 | | Swim 555-710 Wts* 730-815 | | Swim 540-710 Wts* 730-815 | Swim 7-9 |
| PM | Swim 320-520 | Dryland TM Swim 250-520 | Swim 320-520 | Dryland TM Swim 250-520 | Swim 320-520 | |

*-Main lift time is 730-815 or 830a MWF. Those who cannot make that time because of an 8a class, you'll lift 215-3 or 315p MWF.

KU Swimming & Diving

Important Team Stuff other than Training

A. Academics

1. ***WE MAXIMIZE POTENTIAL IN THE CLASSROOM*** (back to the one thing)
2. Freshman
 - a. Required ISP. Work w/Laura
 - b. After first semester...GPA >2.50...earn your way out
 - c. At any time during collegiate eligibility your GPA <2.50...earn your way back in
3. Team Goal
 - a. Highest GPA among all teams at KU
 - b. CSCAA Academic All-American Team (Team GPA >3.25)
4. Good Grades = Happy Person = Fast Swimming/Excellent Diving
5. Coach in charge-Clark

B. Recruiting

1. Fall Visit Weekends: Sept 16-18, Sept 30-Oct 2, Oct 14-16, Oct 28-30
2. Total Team Effort...volunteerism is expected
3. The Lifblood of our program
4. You recruit when you go home...train well!
5. Coach in charge-Jen

C. Fundraising

1. Hydrohawks
 - a. Booster Club for program
 - b. Encourage family & friends to participate
 - c. Forward any person/family member who may be interested to Eric
 - d. No contribution is too small
2. Coach in charge-Eric

D. Life Skills

1. Through Adam Miller's office
2. Very important to become an ACTIVE member of the Student-Athlete community
3. SAAC
4. Special Olympian Swim Clinic-April
5. Coach in charge-Clark

E. Personal Health

1. Rest
 - a. Program is designed based on 7 hours of sleep at night
 - b. Naps are encouraged. Can't sleep enough.
2. Injury/Illness
 - a. communicate with trainer (Emily 785.331.9346)
 - b. communicate with Clark (785.331.8564) if unable to practice
3. Hydration
 - a. You cannot drink enough water
 - b. Drink from personal water bottle at practice
 - c. Sport Drinks (eg. Gatorade and others) OK for practice
 - d. Always bring water bottle on trips
4. Nutrition
 - a. 3 square meals a day...especially breakfast
 - b. Balanced diet
 - c. Avoid of over-eating
 - d. Eat immediately after practice (bagel, banana, energy bar, G3, etc)
 - e. Required supplements (daily)
 - i. Multivitamin
 - ii. Vitamin D
 - iii. Iron (for those who need it)
 - iv. Vitamin C (2g per day when ill)

WHAT DOES IT TAKE???
2012

| Event | NCAA "A" Standard | 2011 "Actual" Qualifying Time* | NCAA "B" Standard | Big 12 8 th Place | Big 12 16 th Place |
|---------------------|----------------------|---|----------------------|---------------------------------|----------------------------------|
| 200 Free Relay | 1:28.35 | 1:29.70 | 1:32.76 | ^ | ^ |
| 500 Free | 4:38.46 | 4:42.79 | 4:47.79 | 4:49.20 | 4:55.02 |
| 200 IM | 1:56.13 | 1:58.67 | 2:01.79 | 2:01.57 | 2:04.91 |
| 50 Free | 21.93 | 22.52 | 22.99 | 23.14 | 23.56 |
| 400 Medley Relay | 3:32.56 | 3:34.31 | 3:43.18 | ^ | ^ |
| | | | | | |
| 200 Medley Relay | 1:36.68 | 1:38.31 | 1:42.70 | ^ | ^ |
| 400 IM | 4:05.65 | 4:11.56 | 4:19.69 | 4:18.91 | 4:31.05 |
| 100 Fly | 52.02 | 52.95 | 54.62 | 53.81 | 55.68 |
| 200 Free | 1:44.02 | 1:46.19 | 1:48.29 | 1:49.25 | 1:50.50 |
| 100 Breast | 59.65 | 1:00.72 | 1:02.98 | 1:02.82 | 1:05.05 |
| 100 Back | 52.55 | 53.20 | 55.17 | 53.56 | 55.71 |
| 800 Free Relay | 7:02.07 | 7:06.52 | 7:23.17 | ^ | ^ |
| | | | | | |
| 1650 Free | 15:53.38 | 16:15.53 | 16:30.59 | 16:50.29 | 17:33.59 |
| 200 Back | 1:53.37 | 1:55.19 | 1:59.24 | 1:56.97 | 2:03.01 |
| 100 Free | 47.84 | 48.95 | 50.19 | 49.83 | 51.42 |
| 200 Breast | 2:09.25 | 2:11.27 | 2:16.20 | 2:15.32 | 2:21.70 |
| 200 Fly | 1:54.95 | 1:57.49 | 2:00.69 | 2:01.38 | 2:06.39 |
| 400 Free Relay | 3:14.93 | 3:17.23 | 3:24.67 | ^ | ^ |