

# COR – Sharks

## COACHES

- **Brandon Jones**, Head Age Group Coach – [brandon@corswim.org](mailto:brandon@corswim.org), 214-280-2744 mobile
- **Laura Ring**, LEAD Sharks Coach – [laura@corswim.org](mailto:laura@corswim.org)

## ABOUT THE GROUP

**Sharks** represent COR's top 10 & Under and second highest 11-12 group. Most in the group have swam competitively for over a year and are able to handle this level of training. Coaches keeps a fun, focused and safe training environment for the group. Proper stroke technique is a key focus of Sharks and they will learn advanced racing and training strategies / techniques. This group has featured team record holders, local and state ranked swimmers as well as some of the fastest 10 year olds in the US!

## EQUIPMENT / SUITS

- COR swimmers need both Speedo practice suits and Speedo team racing suits. The more a suit is worn, the faster it will fade, stretch and wear out.
- The suits should fit snug with no visible wrinkles. They should snap back if pinched and released. Suits will bag and stretch in the water.
- Goggles & Swim Caps – to be worn at practice and meets. For caps, there are latex and a longer lasting silicon. All COR Swimmers compete in swim caps. They must wear them in practice if their hair goes past their eyebrows.
- Sharks are expected to have their own equipment; mesh equipment bag, kickboard, fins, training snorkel, hand paddles and pull bouy. **D & J Sports** has all COR equipment. Located at: 3060 N. Stemmons Freeway Suite B, Dallas, TX 75247 (*you can also order online and have shipped to a pool or your home*)

## PRACTICES

- Sharks practices feature the competitive stroke of the week while continuing to review the techniques taught in weeks prior.
- Sharks have 5 practices per week. We like them to attend at least 3 of those practices, but highly encourage perfect attendance (*please see the master schedule and follow the weekly schedule for practice times and updates*).
- Practices are designed to focus on a different training technique each day. Main set focuses may be distance, IM, sprints, stroke, test set, etc.
- Sharks do strength conditioning called "Drylands" that better help build strength and speed. Please follow weekly schedule updates for specific dryland days.

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### SWIM MEETS

- Our meets are local (*Addison, The Colony, Garland, Lewisville, Plano, Rockwall*).
- Meet participation is a REQUIREMENT for Sharks, Dolphins, Senior 1, Senior 2 and Senior Gold swimmers.
- There are 4 levels for meets for Sharks:
  1. “BB”, “B” and “C” level swimmers
  2. “A” level swimmers – Next level meet, can be A or faster
  3. “TAGS” – State meet qualifier
  4. “Open” – For all levels C to A+
- Sharks compete at least once a month. Due to multiple qualifying times, they may compete on multiple weekends. Please check with Coach Laura.
- Meets are typically held on a Saturday and Sunday, but may have a Friday evening session. TAGS State Qualifiers may have events on a Thursday as well.
- COR Swimmers sit in designated team areas on the pool deck. Parents must sit in the spectator locations unless volunteering to help run the meet.

### SWIM MEET SIGN UP

- Swimmers pay per event (prices vary per meet). Because USA Swimming is non-profit, each meet has a \$3 North Texas swimming surcharge and fee per event. Meets have the cost of pool rental, awards, hospitality, paper used, etc.
- Parents will receive an email with information on the upcoming swim meet with sign up deadline.
- To commit “Yes will attend” or “No will not attend”, follow the link on the email or visit the “Events” tab of the COR Website.
- When committing “Yes” or “No” please list if your swimmer(s) can attend 1 or both days in the Notes section. You may also include reasons why they will not be attending that weekend.
- Coaches will select swimmers events. Parents are welcome to choose events swimmers would like to compete in as well. Coaches may make changes depending on what the swimmer has been working on.
- Relays are chosen by coaches usually the day of the meet. Coaches must ensure everyone on a relay is present that day. Coaches will also make sure a swimmer has adequate rest between the relay and an event.
- Swimmers should bring a folding chair, water, healthy snacks and warm clothing / shoes to every meet. An extra towel is always a good thing as well!