

COR – Senior Prep

COACHES

- **Brandon Jones**, Head Age Group Coach – brandon@corswim.org
- **June Harris**, Lead Senior Prep Coach – june@corswim.org

EQUIPMENT / SUITS

- COR swimmers need both practice suits and team racing suits. The more a suit is worn, the faster it will fade, stretch and wear out. We prefer they only wear their team suits at meets.
- 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 – it is a requirement that all swimmers wear goggles in practice. They help with body position and visibility. It is best to have a spare pair!
- Swim Caps – the team cap can be worn at practice and meets. 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.
- COR provides kick boards and fins for Stingrays.
- **D & J Sports** has all COR equipment. 3060 N. Stemmons Fwy, Suite B, Dallas, TX 75247.

PRACTICES

- Sr Prep Swimmers are 13 & over swimmers.
- Sr Prep offers 5 practices per week. Each practice is 1 hour and 45 minutes up to 2 hours long *(please see the master schedule and follow the weekly schedule for practice times and updates)*.
- We would like the group to make **at least 3 practices per week**, but there is no attendance requirement. The more they attend, the better they will do.
- Sr Prep continue to develop the 4 competitive strokes. They get exposure to training while learning advanced racing strategies. This group will better prepare swimmers for Middle School / High School competitions. Great for conditioning and strength in the water.
- Sr Prep continues to develop stronger dives (starts), faster turns and better finishes.
- Sr Prep will focus on a theme stroke per week, while reviewing what had been taught the week(s) prior.
- **Technique and Training are keys for this group.** Coaches want to set up the swimmers for faster success and proper technique is the key!

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SWIM MEETS

- Our meets are local (*Addison, The Colony, Garland, Plano, Rockwall*).
- All Swimmers begin as “C” level. They race to achieve “B, BB or A+” time standards.
- There are 3 levels for meets for Stingrays:
 1. “BB”, “B” and “C” level swimmers
 2. “A” level swimmers – Next level for meet, can be A or faster
 3. “Open” – For all levels C to A+
- MHPrep competes at least once a month, primarily “BB, B, C” meets. Some may qualify for “Open” meets as well.
- Meets are typically held on a Saturday and Sunday, but may have a Friday evening session. MHP Swimmers meets are optional, but strongly preferred to attend.
- COR Swimmers sit in designated team areas. Parents sit in the spectator locations. COR Swimmers compete in an approved racing suit (team suit preferred) and COR swim cap.

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!