



FCST Holiday Training Philosophy

The holidays are one of the most important training phases of every swimming year. No matter what age or experience level, much of the success athletes enjoy at the end of every season is directly attributed to the quantity and quality of training prior to January 1st. It is important to treat this time with respect. Attend all practices, work hard, and rest when needed. Athletes make some big-time training deposits into their accounts for championship season during this time.

Parents should remember to support their athletes during this time. Speak with your athlete's coach if you are planning a family vacation. They will be more than willing to work with you to find a quality place for your athlete to train during your time away.

Senior Division- For athletes in our Senior 1, Senior 2, Senior 3, and Senior Elite, the holidays provide an opportunity to make major gains in their training. The work these athletes do during Thanksgiving and Christmas breaks establishes their training foundation for the entire swimming year, not just short course season. Also, they truly enjoy the camaraderie built by sticking together through the holidays and working together through the practices.

Age Group Division- Athletes in Age Group 1, 2, 3, & 4, as well as Pre-Senior 1, 2, & 3 benefit from an extended period of training during the school year that directly emulates an ideal training schedule. The athletes can put most of their focus on their swimming, nutrition, and proper recovery. This time is also a key component in their long-term development as a swimmer.

Developmental Division- Athletes in White, Red, and Blue Groups continue building upon the foundation they have created; helping their overall development as they progress through the current season and beyond. Holiday training provides them with a stable practice routine where they can maintain and improve the technical aspects of their strokes. Practicing over holiday breaks also prevents long periods out of the water. At this age/stage, consistent time in the water is a key factor in improvement.

Top 10 Reasons to Train over the Holidays

By Dave Thomas, USA Swimming Southern Zone Sport Consultant

1. Swimmers improve!
2. You get to know the college athletes who come home to train
3. Athletes get to do things they have never done before, achieving great accomplishments in challenge sets, distance, or speed
4. Build a base for the future
5. Work on team building
6. Maintain the training cycle
7. Training is more focused since the athletes do not have school to divide their focus
8. More time can be spent on improving mechanics and aerobic base
9. Work the athletes do sets them apart from all other athletes
10. Holiday training is FUN!