

MAKO Swimming

National Focus Group

Group Description

Purpose

The National Focus Group of MAKO swimming has been created to provide a select group of MAKO Senior level swimmers advanced training opportunities, with the objective of helping the group's members achieve their higher level swimming goals.

Criteria for Invitation

Registration for this group will be invitation based. Athletes receiving invitations will be at the discretion of the coaching staff, based on a several guidelines. Examples of guidelines include the USA Swimming motivational time standards, with the 13-14 "A" standard as a minimum. Having met this minimum is not a guarantee of invitation, it is simply a guideline. All swimmers in this group must be at least age 13. Beyond the stated guidelines, practice abilities, practice habits, meet participation, and attendance habits are also factors evaluated to determine the list of invitees.

Criteria for Admission

Admission of athletes into the National Focus Group will require the commitment to several stringent guidelines. There will be an 85% practice attendance requirement. Attendance will be evaluated on a two week time table, based on 6 practices per week during the school year, and 10 practices per week during the summer recess. An attendance policy will be provided to those athletes who commit to this group. Additionally, competition is a requirement for this group as well. It is expected that athletes in this group will be focused on competing in the highest level Championship meet for which they are qualified, and that participation in selected focus meets will be a priority. A meet calendar will also be provided to athletes who commit to this group.

Beyond these requirements, there will be an expectation of impeccable focus, attitude, sportsmanship, and team spirit. The swimmers in this group will be the leaders of the MAKO team, leading the path for the future success of all athletes in this program, no matter their current age or ability. It will be insisted that the swimmers who choose to take part in this group contribute to a healthy, positive, constructive attitude at all levels of the MAKO team. You have an opportunity to create very special things for not only yourselves, but also for every other swimmer who is, or will be a part of this team. You must understand this idea, and be excited to be a part of it.

MAKO Swimming National Focus Group Attendance Policy

As stated in the introductory guidelines for this group, there will be an 85% attendance requirement for this group. The attendance will be evaluated on a two week basis, which will include 12 practices.

Absences will be evaluated and weighted according to the following scale and descriptions.

Excused Absence - .5

Excused absences will account for medical and scholastic related conflicts that *cannot* be scheduled around practice times. These situations must be accompanied by a letter from a doctor or teacher, and must be communicated in advance. These excused absences will be counted as .5 against your practice attendance requirements.

Absence – 1

Absences account for conflicts that are not medically or scholastically influenced, that are communicated in advance and accompanied by letter from a parent supporting the situation. These absences will be counted as 1 against your attendance requirements.

Unexcused Absence – 2

Unexcused absences will account for any absence that does not fall in to the above categories. This includes any situation that is not communicated in advance, or accompanied by a letter as required above. These unexcused absences will be counted as 2 against your attendance requirements.

Tardy - .25

Tardiness will account for any late arrival to practice up to 15 minutes past the scheduled start time. Tardiness must be accompanied by a letter from a parent. Tardiness will be counted as .25 against your practice requirements.

Late - .33

Lateness will account for any arrival to practice past 15 minutes late, and up to 30 minutes late. Lateness must be accompanied by a letter from a parent. Lateness will count as .33 against your practice requirements.

It is important that each participant in the National Focus Group understand that the offered practice sessions are expected to be attended. The guidelines laid forth in this document are intended to account for circumstances that are uncontrollable. The focus of the swimmers in this group is expected to be on swimming, and these guidelines offer room to be successful students, as well as maintain a healthy athletic lifestyle, while pursuing success in swimming.