



Middle School Athletics

Menlo School Swimming

We take pride in the fact that there is a place for everyone, from those who have never before been on a swim team to those competing at a CCS championship level, All-Americans, prospective college athletes, and every level in between. We consider the boys and girls teams to be one unified program even though at the high school level they compete and train as separate teams from time to time.

The Middle School Swimming Program is designed to give students the skills and confidence to represent Menlo Swimming in high school, and continue to swim for competition or recreation for the rest of their lives if they so choose.

Regardless of their experience in the sport, every student will set goals at the beginning of the season, and coaches will work with each athlete to make progress toward those goals over the course of the season.

Menlo swimmers will have the opportunity to compete in a time trial (hosted by Menlo) and two to three meets, including the league championship. All swimmers are required to attend at least one meet.

We compete in the West Bay Athletic League.

In order to participate in middle school swimming, students need to be able to swim 25 meters freestyle (preferably with side-breathing) & 25 meters backstroke, and should be comfortable swimming in deep water (the Menlo pool is 6 to 14 feet deep). If a student needs lessons in order to meet this requirement, please contact Kelly Crowley, Swimming Director and/or Joe McDonald, MS Athletic Director.

Skills Covered

Bodyline

Push-offs, streamlines & breakouts

Flip turns, open turns & transition turns

Racing starts & finishes

Technique (drills) for all strokes

Breathing/air exchange

Race strategies

Relay exchanges

Reading and using pace clock

Reading and knowing swimming set terminology

Spatial awareness/proprioception in water

Learning perceived exertion/effort levels in the water

Transferring/applying strength & conditioning on land to skills/strength in water
Understanding meet warm-up and how to conduct oneself at a meet
Introductory sport psychology skills (goal setting, visualization/mental imagery, energy/anxiety/emotion management, attitude, motivation, self-talk)