

## BSF Coaches and Club Presidents

Please note the e-mail below from FAMU and Coach Carrington and bring to the attention to any of your swimmers who may presently be in year 11 or 12 for follow up.

Kathy Dillette  
BSF Secretary

Dear Coach,,

Good afternoon! First off my name is Douglas R. Carrington and I am the head swimming coach for Florida A&M University in Tallahassee, FL. As another academic and athletic season unfolds, my coaching staff and I are evaluating prospective student athletes for our 2009-2010 class. I am writing you as a club coach of your athletes to learn more about your team and also to tell you a bit about our program as well.

Florida A&M University is one of the more prominent Historically Black College and University (HBCU) in the nation, and its athletic program is a member of the Mid-Eastern Athletic Conference (MEAC). Our swimming and diving program is a second year member of the Coastal Collegiate Swimming Association (CCSA) Conference. You can learn more about our conference by checking out the website here:

<http://www.bigsouthsports.com/fls/4800/CCSASwimming/index2.htm>

At Florida A&M University our swimming program is a goal based program, which is currently working to develop our student athletes into successful students in the classroom and accomplished swimmers in the pool. Each student is strongly encouraged to establish a clear set of goals that they are looking to achieve while attending the university. In this respect, we have built our program around these shared goals, as well as the vision of our staff and administration.

Our current team is a sprint team, currently training in the water 5 days a week in the evenings, as well as strength and conditioning 3 times a week in the mornings. Our training is based on the "Quantity through Quality" approach. In this we believe in building great stroke technique as the foundation to building fast swimming. In order to get to fast swimming, our training focuses on giving each athlete a substantial amount of repetitions in order for the great stroke foundation to grow and become "Normal". In this we build a natural reflective intensity in our workout, where the reward of success directly reflects the effort involved. With the inclusions of proper diet, mental preparation, personal discipline, responsibility and a nurturing yet competitive environment, we have been successful at achieving our goals.

All prospective student athletes must be registered with the NCAA initial eligibility center. I ask you to follow the following link to register:

<https://web1.ncaa.org/eligibilitycenter/common/>

You will click on Prospective Student Athlete to begin the process.

If you have any input, questions or concerns, feel free to contact me at the information provide below. Thank you for time and look forward to our future correspondence!

Warmest regards,

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