



Practice Group Descriptions and Expectations

(all practice group decisions are made by the coaching staff)

TITLE	AGE
Voyager	8 & Under
White	8-10
Pink	10-12
Black	13 & Over
Bronze	10-14
Silver	12-14
Gold	14 & Over

Voyager

Group Entry Requirements:

- Demonstrate the ability to swim freestyle and backstroke across length of the pool unassisted without stopping and be 5-8 years old.

Group Dynamic:

- This group aims to develop the basic stroke fundamentals and to build a solid stroke technique foundation. Using Adventure Based Learning (ABL), swimmers will acquire the skills necessary for efficient swimming and are ready to take the steps toward competitive swimming in all four strokes. Introduce all four strokes, streamlining, develop body awareness within the water, fun and foster interest in sport of swimming.

Ages: 5 — 8 y/o

Training: 45 minutes, 2x per week

White

Group Entry Requirements:

- The ages of the swimmers in this group may be as young as 7 and as old as 10. The swimmer must demonstrate the ability to keep up with the current White Group. The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice. Be able to swim a 25 of all 4 strokes legally and swim 100 yards freestyle (4 laps) without stopping.

Group Dynamic:

- The swimmer should maintain weekly attendance throughout the duration of the season for optimal development and improvement of the four (4) competitive strokes; handling self in a group (team) setting; swim practice training and training situations with the focus of building team and individual pride. Swimmers will foster the ability to kick, learn workout etiquette, build upon body awareness within the water, core body development, and foster an interest in the sport of swimming.

Ages: 8 — 10 y/o

Training: 1 hour, 2x per week

Pink

Group Entry Requirements:

- The ages of the swimmers in this group may be as young as 8 and as old as 12. The swimmer must demonstrate the ability to keep up with the current Pink group. The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice. Be able to swim a 50 of all 4 strokes legally and swim a 200 (8 laps) without stopping.

Group Dynamic:

- The Pink Group is focused on mastering the fundamental skills needed to perform all four competitive strokes. Swimmers will continue stroke development to build endurance and racing skills (starts, turns, finishes) to legally compete in 100's of all strokes and IM. Swimmers will foster the ability to kick, learn workout etiquette, build upon body awareness within the water, core body development, and foster an interest in the sport of swimming.

Ages: 8 — 12 y/o

Training: 1 hr 15 min, 2x per week

Black

Group Entry Requirements:

- The ages of the swimmers in this practice group may be as young as 13, and as old as 18. Each swimmer must be able to swim 100 yards of every stroke unassisted, and swim a 500 free without stopping.

Group Dynamic:

- The group serves to provide swimmers with a consistent training program that aims to maintain fitness and increase technical skills. There is an emphasis placed on understanding goal setting and linking training performance to those goals. Though stroke efficiency should be achieved from earlier training groups, there is still a great deal of individualized stroke instruction given to each athlete. The Black Group also engages in consistent dryland training.

Ages: 13 — 18 y/o

Training:

4 swim x per week AND 2 dryland x per week

Bronze

Group Entry Requirements:

- The Bronze Group is primarily athletes ages 10-14 dedicated to improving stroke technique, training capacity and racing skills. Athletes will begin developing a commitment to excellence in the sport of swimming. The goal is to successfully prepare athletes to compete at Bronze, Silver, and Gold Championships; Age Groups, Zones, and above.

Group Dynamic:

- Athletes are committed to competing at a season-ending championship meet for the team. Group is introduced to dryland workouts to help with body awareness, athleticism, and strength gains. Though stroke efficiency should be achieved from earlier training groups, there is still a great deal of individualized stroke instruction given to each athlete. This group uses the training techniques and incorporates them into practice at a high level of consistency. Competing regularly in swim meets is highly recommended.

Ages: 10 — 14 y/o

Training:

3 swim x per week AND 1 dryland x per week

Silver

Group Entry Requirements:

- The Silver Group is primarily athletes ages 12-14 dedicated to improving stroke technique, training capacity and racing skills. Athletes will develop a commitment to excellence in the sport of swimming and embody core values as leaders of our team. The goal is to successfully prepare athletes to compete at Bronze, Silver, and Gold Championships; Age Groups, Zones, and above.

Group Dynamic:

- Athletes are committed to competing at a season-ending championship meet for the team. Group is introduced to dryland workouts to help with body awareness, athleticism, and strength gains. Though stroke efficiency should be achieved from earlier training groups, there is still a great deal of individualized stroke instruction given to each athlete. This group uses the training techniques and incorporates them into practice at a high level of consistency. Competing regularly in swim meets is required for this practice group.

Ages: 12 — 14 y/o

Training:

4 swim x per week AND 2 dryland x per week

Gold

Group Entry Requirements:

- Unless your child has an extenuating circumstance, such as a family emergency or significant illness, they are required to be at 18 practices a month if they are committing to swim in the Gold Group. The core values of the group are commitment, effort, and goal setting. Swimming is a solitary form of competition, that is why the team is so important. Team members train, race, and support one another. Having a group of like-minded athletes who are there consistently at practice, all with goals in mind, promotes respect for one another and a sense of family which will help make the group stronger when they compete.

Group Dynamic:

- This group is comprised of our top 14 and older athletes. The goal is to successfully prepare athletes to compete at Silver and Gold Championships; Age Groups, Seniors, Sectionals, and above. There is an emphasis placed on understanding goal setting and linking training performance to those goals. Though stroke efficiency should be achieved from earlier training groups, there is still a great deal of individualized stroke instruction given to each athlete. Competing at the highest competitive level and/or swimming in college are the main goals for the group. Group regularly does dryland workouts.

Ages: 14 & Over

Training:

5 swim x per week AND 3 dryland x per week