



AquaHawgs Group Structure 2022-2023

Rookie Hawgs – Rookie Hawgs serves as a 3-day/week program for swimmers looking to refine swim skills. The goal of the Rookie Hawgs is for swimmers to become proficient in all four competitive strokes, starts, and flip turns. The Rookie Hawgs group will be geared towards 10 & under swimmers. Rookie Hawgs will have a one day per week practice option.

Equipment: Kickboard & Fins

Hawgs Red – The Hawgs Red training group will be geared towards swimmers ages 7-10. Swimmers should be able to perform the 4 competitive strokes correctly. Swimmers are working on refining starts and turns, while also working to improve aerobic capacity. In this group, swimmers will expand their knowledge of competitive swimming while refining their technical skills. Hawgs Red will have a one day per week practice option.

Equipment: Kickboard & Fins

Hawgs White – The Hawgs White training group will be geared towards swimmers ages 9-12. Swimmers should be able to perform the 4 competitive strokes correctly and are preparing for the next level of swimming, including workouts and competition. In this group, swimmers will expand their knowledge of competitive swimming while refining their technical skills. Swimmers will be working towards achieving ARSI State Meet cuts and preparing for the next progression level.

Equipment: Kickboard & Fins

Boss Hawgs – This group is for swimmers ages 10-12. The focus of this group is on technique, aerobic, and race pace training. Swimmers are continuing to prepare for their advancement within the sport of swimming; while maintaining a variety of other interests. Swimmers are working towards ARSI State Meet Cuts and Zone Cuts. Swimmers will also meet with coaching staff to determine the best track for their development.

Equipment: Kickboard, Fins, Paddles, Buoy, Snorkel

Varsity Hawgs – Swimmers in this group are junior high school and high school aged. Swimmers generally compete in club meets and on their high school swim team. In this group, we will focus on improving technique and race skills. There will also be a focus on improving swimmer's aerobic base.

Equipment: Kickboard, Fins, Paddles, Buoy, Snorkel

Junior Hawgs – Swimmers in this group should be between the ages of 13-14. Focus in the group is on advanced technique, training and preparing for the Senior Hawgs while achieving the highest level of competition. In addition to these focus areas, swimmers must demonstrate a positive influence on their teammates and training partners, as well as show consistent improvement in this area during daily practice.

Equipment: Kickboard, Fins, Paddles, Buoy, Snorkel

Senior Hawgs – The Senior Hawgs Group is the highest-level training group for our athletes. Swimmers in this group are high school aged. For swimmers in this group, swimming is their primary extracurricular activity. Swimmers in this group have a superior work ethic. While training in this group swimmers must be a positive influence on their teammates and training partners. Swimmers in this group should be meeting with the Head Senior Coach to set goals and training plan.

Equipment: Kickboard, Fins, Paddles, Buoy, Snorkel, Parachute, Drag Sox

Masters – The AquaHawgs Masters Team is an adult training group for adults of all ages. We will work on refining all swim skills in the water. This group is a great option for triathletes looking to improve skills Masters' swimmers will be registered with USA Masters. Masters' swimmers will be able to compete in Masters' Meets and Dual Sanctioned USA Swimming Meets.

Equipment: Kickboard, Fins, Paddles, Buoy