

# MSST Training Group Structure

Midnight Sun Swim Team training group structure is outlined below. The goals of the overall program are to develop senior bound and lifelong swimmers from a young age, putting all swimmers in the position to swim in college if they so choose. Technique and great form as well as having fun in the pool are the major emphases in the beginning levels of the program to lay a great foundation for their swimming careers. Performance at meets is the primary driving goal in the later groups. The program is designed to have a group for every ability swimmer from novice to advanced. Athletes are introduced to new training focuses, challenges, and learning topics at each level and earn their promotions to the next tiered group. Education and fun are as much of an emphasis on each athlete as training is throughout their swimming career.

## Solar Flares and Solar Flares Development

The Solar Flares group is our entry level swimming team group that introduces new young athletes to the world of competitive swimming. This group meets once a week for 45 minutes with multiple day/time options to allow flexibility in busy schedules. Entry into this group requires that swimmers can safely swim one length of the pool unassisted in freestyle and backstroke. Through drills and repetition swimmers in this group are taught proper technique of the four competitive strokes. The exit goal for this group is the swimmer can complete all four competitive strokes legally for 25 yards. The ideal age for this group is 10 and younger but swimmers may be older if needed. Swimmers requiring more instruction and are not ready for the Solar Flares will be placed into the Solar Flares Development group before graduating to the Solar Flares. The Solar Flares have a coach to swimmer ratio of 8:1; our Solar Flares Development have a coach to swimmer ratio of 4:1.

### Prerequisite

- Ability to swim the length of the pool free and backstroke

### Exit Skills

- Legal 25 yards of each of the four competitive strokes

## Eclipse Fitness and Fun

Designed for the casual competitive swimmer who wants minimal commitment to the sport, the Eclipse Fitness and Fun group meets once a week for 45 minutes and focuses on general conditioning along with improvement of stroke technique with some fun sprinkled in. Swimmers in this group can be any age but will need to be able to swim all four competitive strokes. This is a great training group for multi-sport athletes or those not sure if swimming is for them to try out the sport of swimming and see what it is like without a large time commitment to it. Swimmers can advance to the Aurora Group at any point when they would like to make more of a commitment to swimming. Coach to swimmer ratio in this group is 8:1.

### Prerequisite

- Legal 25 yards in all 4 competitive strokes

## Aurora

Our Aurora group is the official first step in swimmers' competitive swimming career with Midnight Sun Swim Team. Athletes in this group will begin to learn competitive swimming starts and turns as well as continued refinement of the four competitive strokes. Swimmers will also be challenged with introduction to interval training using the pace clock and will continue to learn lane etiquette and how to be part of a team. This group meets 3 days a week for 45 minutes. Participating in local meets is highly encouraged with this group, with local meets being held monthly and sometimes twice a month. The typical ages for this group are 8-12. Coach to swimmer ratio for this group is 8:1.

### Prerequisite

- Legal 25 yards in all 4 competitive strokes

### Exit Skills:

- Completion of IMReady events in a season.
- Perform safe racing start from blocks and backstroke start in water..
- Performs legal turns for all strokes with appropriate underwater leaving the wall.

## Equinox Prep

The equinox prep group continues to challenge swimmers through interval training by placing additional focus on aerobic development. Stroke technique and general coordination are continued to be developed and improved through more advanced drills. Swimmers have 4 days a week of practice offered and are expected to maintain 75% attendance. Goals for this group include completing their IMX events, achieving Age Group time standards, and competing in distances up to 500 yards. Meets are held monthly locally and there may be some opportunities for travel meets also. Swimmers in this group are typically 9-13 years old.

### Prerequisite Skills:

- Completion of IMReady events.
- Perform safe racing start from blocks and backstroke start in water..
- Perform legal turns for all strokes with appropriate underwater leaving the wall.

### Exit Skills:

- Complete 12 and under IMX events in a season
- Age Group Champs qualifier
- Dropdown kick set completed twice in a season
- Dropdown swim sendoff is :55 sendoff or faster
- Golf score of 60 for 4 X 50's
- 8 X 100 @ 1:50 free
- 8 X 50 @ 1:05 kick
- 5 X 100 @ 2:00 IM

## Equinox Performance

Our Equinox Performance group is the step between our Prep and Select group. Swimmers in this group will continue to be challenged through more difficult interval sets with aerobic development still a key focus. Anaerobic development and sprinting are a larger focus in this group while proper stroke technique is still continued to be emphasized, through more advanced drills. Swimmers in this group have goals of achieving times to qualify for Alaska State Champs and will complete their IMX score annually. Practice is offered up to 5 days a week with this group and swimmers are expected to maintain 75% attendance. Local and travel meets are offered for this group throughout the season. Ages in Equinox Performance are typically 10-13.

### Prerequisite Skills:

- Complete 12 and under IMX events in a season
- Age Group Champs qualifier
- Dropdown kick set completed twice in a season
- Dropdown swim sendoff is :55 sendoff or faster
- Golf score of 60 for 4 X 50's
- 8 X 100 @ 1:50 free
- 8 X 50 @ 1:05 kick
- 5 X 100 @ 2:00 IM

### Exit Skills:

- Alaska State Champs Qualifier
- Golf Score of 50 for 8 X 50
- T30 swim distance 1650m
- T30 kick distance 1300m
- Dropdown swim set sendoff is 1:40 or faster
- Completes 4 X 500 Free at least once
- 8 X 100 @ 1:30 Free
- 4 X 200 @ 3:15 Free
- 5 X 100 @ 2:00 Kick
- 4 X 200 @ 3:40 IM

## Equinox Select

Equinox Select is our most competitive training group for Age Group swimmers on the team. Swimmers in this group have goals of achieving Age Group Zones cuts and Senior Champs times. Swimmers in this group are offered practice up to 6 days a week and are expected to maintain at least 75% attendance. Swimmers in this group will typically be 10-13 and compete regularly both locally and traveling.

### Prerequisite Skills:

- Alaska Senior Champs Qualifier
- Golf Score of 50 for 8 X 50
- T30 swim distance 1650m
- T30 kick distance 1300m
- Dropdown swim set sendoff is 1:40 or faster
- Completes 4 X 500 Free at least once
- 8 X 100 @ 1:30 Free
- 4 X 200 @ 3:15 Free
- 5 X 100 @ 2:00 Kick
- 4 X 200 @ 3:40 IM

## Solstice Group

Our Solstice group is made up of our high school age swimmers and has varying degrees of abilities. This group has the most individualized training plan for the swimmers in it because of the varying abilities in it. Swimmers are typically offered multiple different sendoff options each practice and are put on the one that challenges them the most. Our Solstice group has swimmers that compete Nationally and swimmers that only complete locally. The group does also offer morning weights to those that maintain 80% attendance in the water practice. This group practices up to 6 days a week and regularly competes in local and travel meets.

### Prerequisite Skills:

- Swimmer in high school.
- Ability to swim multiple laps of the pool.