



Practice Group Descriptions & Expectations

T-AG1

Group Description:	Introduction to USA swimming. Emphasis on stroke development in all four strokes in addition to turns and starts. Swimmers will be taught lane etiquette (circle swimming, passing, intervals, push-offs, etc) and start building strength and endurance in the water. ATST will be expected to attend ATST hosted swim meets.
Time Standard Focus:	Bronze Times
Age Range of Swimmers:	5-10
Number of Practices a Week:	3 Practices
Duration of Practice:	75 Minutes
Attendance Policy:	Minimum of 2 practices a week
Practice Equipment Required:	Kickboard, Fins & Snorkel

T-AG2

Group Description:	Swimmers will continue to build on all four competitive strokes and focus on developing IM events. Will be introduced to endurance training, speed work and race practice. Will be encouraged and expected to attend multiple meets throughout the season.
Time Standard Focus:	Silvers Times
Age Range of Swimmers:	7-12
Number of Practices a Week:	4 Practices
Duration of Practice:	90 Minutes
Attendance Policy:	Minimum of 3 practices a week
Practice Equipment Required:	Kickboard, Fins & Snorkel

T-Prep

Group Description:	Committed swimmers that are excited and motivated to continue to spend more time in the water. Will build on strokes, speed and endurance. Will be expected to attend all championship and focus meets throughout the season
Time Standard Focus:	Gold & Age Groups. (Some swimmers will be looking at Zone Qualifying Times)
Age Range of Swimmers:	8-12
Number of Practices a Week:	5 Practices & dryland practice option
Duration of Practice:	105 Minutes
Attendance Policy:	Minimum of 4 practices a week
Practice Equipment Required:	Kickboard, Fins & Snorkel

T-Senior 1

Group Description:	Group consisting of swimmers that want to continue to keep in shape and build on all strokes and endurance. More flexibility in practice schedule and time commitment. High school swim season is a major motivating factor for this group.
Time Standard Focus:	High School Western Ma. NE Silver Championship
Age Range of Swimmers:	12-18
Number of Practices a Week:	3 Practices
Duration of Practice:	120 Minutes
Attendance Policy:	Minimum of 2 practices a week
Practice Equipment Required:	Kickboard, Fins & Snorkel

T-Senior 2

Group Description:	Strong and committed swimmers working towards swimming as their focus sport. This includes an increase in aerobic and anaerobic development as well as race strategy. A continued focus on fine tuning and stroke efficiency. Will be expected to attend all championship and focus meets.
Time Standard Focus:	Gold & Age Groups
Age Range of Swimmers:	13-18
Number of Practices a Week:	6 Practices
Duration of Practice:	120 Minutes
Attendance Policy:	Minimum of 4 practices a week, but 5 practices recommended.
Practice Equipment Required:	Kickboard, Fins, Pull-Buoy & Snorkel

T-Sectionals

Group Description:	<p>Fully committed to swimming as their only sport with the focus on continuing swimming into the Collegiate level.</p> <p>Swimmers must have already achieved 13-14 Eastern Zone Cuts or 15-18 NE Age Group time standards to be considered for this group.</p> <p>T-Sectional swimmers are not permitted to participate in HS swimming, except during their Senior Year.</p> <p>Will travel and compete at higher level meets, while maintaining a disciplined training plan and schedule throughout the year.</p>
Time Standard Focus:	Seniors, Zones, Sectionals, Futures & Jr. Nationals
Age Range of Swimmers:	13-18
Number of Practices a Week:	6 in-water Practices & 3 weight room sessions.
Duration of Practice:	120-150 Minutes
Attendance Policy:	Minimum of 6 practices a week. (Attendance will be evaluated at

	the end of each month)
Practice Equipment Required:	Kickboard, Fins, Paddles, Pull-Buoy & Snorkel

NMH

Group Description:	<p>Swimmers that attend the Northfield Mount Hermon School and are involved in NMH High School swim. Swimmers will be required to register with ATST, but have the option of USA membership and USA Meet participation.</p> <p>Fall and Spring season options. Practices will be run by an ATST coach and coordinated with current NMH swim coaches.</p> <p>Swimmers that live in the Northfield and surrounding areas and are not affiliated with NMH are also welcome to sign-up and participate in practices.</p>
Time Standard Focus:	N/A
Age Range of Swimmers:	13-18
Number of Practices a Week:	3
Duration of Practice:	120
Attendance Policy:	All 3 practices a week.
Practice Equipment Required:	Kickboard, Fins, Pull-Buoy & Snorkel