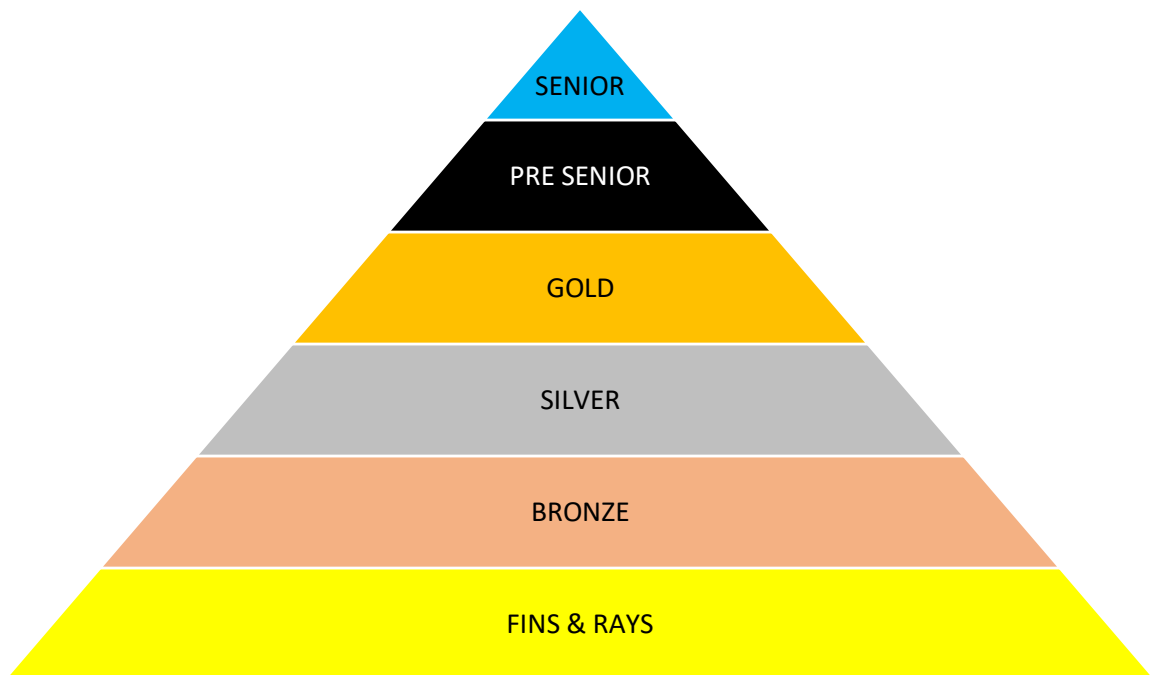




Goodyear

Group Descriptions and Move Up Criteria

All group move-ups will be determined by the coaching staff.



FINS & RAYS

Entrance into group:

- Demonstrate the ability to swim freestyle/crawl and backstroke across a 25-yard pool, unassisted without stopping.
- The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice.
- Daily training: 30 mins, 2x per week
- Equipment: PSC swim cap, pair of goggles and a water bottle for practice. PSC red, white and gray t-shirts. Kickboard and fins.

Group Dynamic: The aim of these groups is to develop the basic stroke fundamentals and to build a solid stroke technique foundation. Focusing on kicking and using innovative drill progressions, the swimmers 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 years old

Move up requirements from Fins and Rays to Bronze

- Must be 6 years old.
- All 4 strokes are legal.
- Competed in a swim meet.
- Be able to swim a legal 50 freestyle, 50 backstroke 50 breaststroke & 25 butterfly.
- **If an athlete turns 9, they will move up to the Bronze group.**

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

BRONZE

Entrance into group:

- 7 – 10 years old.
- Demonstrate the ability to swim 50 yards of freestyle, backstroke & breaststroke & 25 yards butterfly in the pool unassisted without stopping, in a timely manner.
- The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice.
- Daily training = 1 hour, 3x per week
- Equipment needed = PSC swim cap, pair of goggles and a water bottle for practice. PSC red, white and gray t-shirts. Kickboard and fins.

Group Dynamic: We recommend 2-3 practices per week due to the on-going learning stroke progressions; 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 pride. Swimmers in the group attend meetings regularly.

Move up requirements from Bronze to Silver.

- Must be 8 years old.
- All 4 strokes are legal.
- Competed in a sanctioned swim meet with official times in the 100 freestyle, 100 backstroke, 50 breaststroke, & 50 butterfly.
- Attend an Avg. of 2 practices a week
- Ability to do 3 dolphin kicks off every wall on Butterfly, Backstroke and Freestyle
- Legal Turns
- Legal breaststroke kick and underwater pull down
- Swim a 200 in practice breathing every 3
- If an athlete turns 11, they will move up to the Silver group.

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

SILVER

Entrance into group:

- 9 - 12 years old.
- The swimmer must demonstrate the ability to keep up with the current Silver 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 100 of all 4 strokes legally and swim 200 freestyle (12 laps) without stopping.
- Daily training = 1 hour, 4x per week.
- Equipment needed = PSC swim cap, pair of goggles and a water bottle for practice. PSC red, white and gray t-shirts. Kickboard and fins.

Group Dynamic: The swimmers in the group are focused on achieving mastery of 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 Stroke/IM, 200 free, and 200 IM. Swimmers in the group attend meets regularly with a goal of achieving Regional or Age Group State qualifying times. 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.

Move up requirements from Silver to Gold:

- Must be 10 years old.
- All 4 strokes legal
- Attend an Avg. of 3 practices a week
- **Must achieve 3 Arizona 11-12 Regional Championship time standards (B times) in 3 different events.**
- Ability to do 4 dolphin kicks off every wall on Butterfly, Backstroke and Freestyle
- Legal breaststroke kick and underwater pull down
- Legal Turns
- Streamline off every wall
- Swim a 500 in practice breathing every 3
- **Competed in a sanctioned meet and have a legal time in all the 50's, 100's, 100 IM, 200 Free, and 200 IM.**
- **If an athlete turns 13, they will move up to the Gold group.**

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

GOLD

Entrance into group:

- 10 - 14 years old
- Daily training: 1.5 hours, 5x per week + 2 dryland practices.
- The swimmer must demonstrate the ability to keep up with the current Gold 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 100 of all 4 strokes legally and swim 500 (20 laps) without stopping.
- Equipment: PSC swim cap, pair of goggles and a water bottle for practice. PSC red, white and gray t-shirts. Kickboard, fins, paddles, and snorkel.

Group Dynamic: Swimmers in this group attend swim meets regularly with a focus on competing at JO's, Age Group State, and above. Athletes are committed to competing at a season-ending championship meet for the team. Building of endurance with ongoing stroke work; continuation of learning how to race; accountability; sportsmanship and introduction to dryland training. Competing regularly in swim meets, streamlining, fostering the ability to kick, build the ability to dolphin kick off all walls in a streamline position, proper stroke technique is emphasized and swimming the 200's in all 4 strokes is added. Practices will incorporate the use of the pace clock. Coaches will reinforce proper practice habits. Practices will be geared to foster interest in the sport of swimming. Swimmers will swim the 400 and 500 in a meet. Swimmers are introduced to dryland practices.

Move up requirements from Gold to Pre Senior:

- Must be 11 years old
- Attend an Avg. of 4 practices a week
- **Must achieve 3 Arizona 13-14 Regional time standards (B times) in 3 different events.**
- Ability to do 6 dolphin kicks off wall on Butterfly, Backstroke and Freestyle
- Legal breaststroke kick and underwater pull down
- Legal Turns
- Streamline off every wall
- **Competed in a sanctioned meet (with an official time) in every event offered, excluding the 1500/1650 Free.**
- Ability to read the pace clock.
- Athletes must have a desire to swim at the pre senior level.
- **Swimmers who still qualify (14 years and younger) for age group state in their freshman year of high school can remain in the pre senior group until after the meet. Once a swimmer is 15 or in high school, they will move up to the senior group.**

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

PRE SENIOR

Entrance into group:

- 11 – 14 years old.
- Daily training: 1.5 – 2 hours, 6x per week + 2 dryland practices.
- Be able to swim 200 of all 4 strokes legally and swim 1000 (40 laps) without stopping.
- The swimmer must demonstrate the ability to keep up with the current Gold Group.
- The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice.
- Equipment: PSC swim cap, pair of goggles and a water bottle for practice. PSC red, white and gray t-shirts. Kickboard, fins, paddles, and snorkel.

Group Dynamic: This group is offered 8 workouts per week. Athletes are committed to competing at a season-ending championship meet for the team. Group does 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 expected. Swimmers will swim the 400 and 500 in a meet.

Move up requirement from Pre Senior to Senior:

- Swimmers who still qualify (14 years and younger) for age group state in their freshman year of high school can remain in the pre senior group until after the meet. Once a swimmer is 15 or in high school, they will move up to the senior group.

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

SENIOR

Entrance into group:

- 15 – 18 years old.
- Daily training: 1.5 – 2 hours, 8x per week + 2 dryland practices.
- Be able to swim 200 of all 4 strokes legally and swim 1000 (40 laps) without stopping.
- The swimmer must demonstrate the ability to keep up with the current Gold Group.
- The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice.
- Equipment: PSC swim cap, pair of goggles and a water bottle for practice. PSC red, white and gray t-shirts. Kickboard, fins, paddles, and snorkel.

Group Dynamic: This group is comprised of our 15 – 18-year-old athletes. The group serves to prepare swimmers for JO's, Age Group State, Senior State, Sectionals, and National level meets. . 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.