

Competitive Programs

Bettendorf Aquatics has three practice groups that establish our competitive swimming program. Our Age Group Program and Senior Groups. Together, these programs represent Bettendorf Aquatics at the highest level. Bettendorf Aquatics focuses on skill development and age-appropriate training within each of our competitive swim programs. Bettendorf Aquatics, Board Members, Coaches, and Swimmers are proud members of USA Swimming and Iowa Swimming.

Pre-Team

Grades K - 6 / Ages: 5 to 12

The Pre-Team Program is an entry level group intended for swimmers ages 5 to 12, who meet the prerequisites, and want to further develop their swimming skills in a structured swim team practice structured environment. The Pre-Team program is a perfect opportunity for swimmers finishing swim lessons (Levels 3 & up) to maintain their progress and bridge the gap between swim lessons and a competitive swim team. Swimmers can choose to remain in the Pre-Team group.

Discovery I

Age: 5 - 7 years old
Grades: Elementary (K - 2)
Daily Training: 30 minutes
3 days a week (Mon - Thu)
Prerequisite: Water safe and able to swim 12.5 yards unassisted without stopping.
Focus: Freestyle and backstroke skill development
Swim Meet: Optional
Attendance: Recommend 3 practices a week

Discovery Advanced

Age: 7 - 12 years old
Grade: Elementary (2 - 6)
Daily Training: 30 minutes
3 days a week (Mon - Thu)
Prerequisite: Able to swim 25 yards of Freestyle & Backstroke. Turns & starts
Focus: Breaststroke and Butterfly skill development
Swim Meet: Optional
Attendance: Recommend 3 practices a week

Discovery II

Age: 8 - 10 years old
Grades: Elementary (3 - 4)
Daily Training: 30 minutes
3 days a week (Mon - Thu)
Prerequisite: Water safe and able to swim 12.5 yards unassisted without stopping.
Focus: Freestyle and backstroke skill development
Swim Meet: Optional
Attendance: Recommend 3 practices a week

Discovery III

Age: 11 - 12 years old
Grades: Elementary (5 - 6)
Daily Training: 30 minutes
3 days a week (Mon - Thu)
Prerequisite: Water safe and able to swim 12.5 yards unassisted without stopping.
Focus: Freestyle and backstroke skill development
Swim Meet: Optional
Attendance: Recommend 3 practices a week

Competitive Programs

Age-Group

Grades K - 6 / Ages: 5 to 12

The Age-Group Program includes competitive groups for ages 12 and Younger. Our Competitive Age Group Program provides the foundational swimming skills needed for young swimmers to reach their full potential in swimming and in life.

Bronze I

Age: 5 - 8 years old
Grade: Elementary (K - 4)
Daily Training: 45 minutes
5 days a week (Mon - Fri)
Prerequisite: Swimmer must know 3 of the 4 strokes.
Focus: Skill development
Swim Meet: Encouraged to attend swim meets
Attendance: Recommend 4 practices a week

Bronze II

Age: 8 - 12 years old
Grade: Elementary (4 - 6)
Daily Training: 45 minutes
5 days a week (Mon - Fri)
Prerequisite: Swimmer must know all 4 strokes.
Focus: Skill development
Swim Meet: Encouraged to attend swim meets
Attendance: Recommend 4 practices a week

Silver I

Age: 5 - 8 years old
Grade: Elementary (K - 3)
Daily Training: 60 minutes
6 days a week (Mon - Sat)
Prerequisite: Advanced swimmers.
Focus: power, speed, technique
Swim Meet: Encouraged to attend all swim meets
Attendance: Recommend 4 practices a week
Goal: State qualifying times

Silver II

Age: 8 - 12 years old
Grade: Elementary (4 - 6)
Daily Training: 60 minutes
6 days a week (Mon - Sat)
Prerequisite: Advanced swimmers.
Focus: power, speed, technique
Swim Meet: Encouraged to attend all swim meets
Attendance: Recommend 4 practices a week
Goal: State qualifying times

Gold

Age: 10 - 12 years old
Grade: Elementary (4 - 6)
Daily Training: 90 minutes
6 days a week (Mon - Sat)
Prerequisite: State qualifying time "Q-time"
Focus: Strength, power, speed, endurance and technique
Swim Meet: Encouraged to attend all swim meets
Attendance: Recommend 4 practices a week
Goal: State competition

Competitive Programs

Senior

Grades: 7 - 12 / Ages: 12 & older

Our Competitive Senior Program provides the training and resources needed to compete at the highest levels. A swim career officially begins at 15. Bettendorf Aquatics works with each of its swimmers individually to test and track their growth over the years to help them identify and set goals for high school, college and beyond.

Pre-Senior

Age: 12 & older
Grade: Middle School
Daily Training: 90 minutes
6 days a week (Mon - Sat)
Prerequisite: Advanced swimmers
Focus: Strength, power, speed, endurance and technique
Swim Meet: Attend all recommended meets
Attendance: Recommend 4 practices a week
Goal: State qualifying times

Senior I

Age: 12 & older
Grade: Middle School
Daily Training: 2+ hours
6 days a week (Mon - Sat)
Prerequisite: Advanced swimmers
Focus: Strength, power, speed, endurance and technique
Swim Meet: Attend all recommended meets
Attendance: 80% attendance rate
Goal: State & Sectionals

Senior II

Age: 14 & older
Grade: Middle School
Daily Training: 2+ hours
6 days a week (Mon - Sat)
Prerequisite: State "QT" qualifying times
Focus: Train to compete at the highest levels
Swim Meet: Attend all recommended meets
Attendance: 90% attendance rate
Goal: State, Sectionals, Futures, Nationals

Group Advancement

Every swimmer and group will be evaluated four times a year:

- Beginning of Short Course season (August/September)
- Middle of Short Course season (December)
- Beginning of Long Course season (March)
- Middle of Long Course season (June)

Coaches will review each swimmer's progress and consider every swimmer's advancement. Swimmer advancement is based on the following criteria:

1. Ability, technique, and performance of a swimmer
2. Age and maturity of a swimmer. (Physical and emotional maturity are subjectively considered by the coaching staff.)
3. Practice attendance and swim meet participation
4. Coach's discretion