

GOLDEN WEST SWIM CLUB GROUP DESCRIPTIONS

PATHWAYS PRE-COMPETITIVE (13 and under)

Pathways is an excellent opportunity to introduce young swimmers to competitive swimming. This pre-competitive program offers knowledgeable coaching and a fun, competitive atmosphere for developing younger swimmers.

Pathways-Novice (13 and Under)

Prerequisites to Join:

- Ability to swim 25 yards freestyle and backstroke.

Training Focus:

- Improve breathing skills, streamline control, flip turns, and water awareness.
- Introduction to breaststroke and butterfly.

Requirements to Stay In:

- Attend scheduled practices regularly.
- Demonstrate progress in the skills listed above.

Pathways-Advanced (13 and Under)

Prerequisites to Join:

- Ability to swim legally on all four strokes.

Training Focus:

- Basics of each stroke, including drills, kicking, and racing starts.
- Learn competitive skills like flip turns and racing starts.

Requirements to Stay In:

- Attend scheduled practices regularly.
- Demonstrate proficiency in all four strokes and competitive skills.

BLUE 2 GROUP (8 & Under))**Prerequisites to Join:**

Advanced understanding of all four strokes.

Ability to swim 100 yards of each stroke, 100/200 IM, and 200 Freestyle.

Training Focus:

- Stroke starts, turns, and effective finishes.
- Interval training and race preparation.

Requirements to Stay In:

- **Training Attendance:** Train for one hour per practice and attend a minimum of 65% of scheduled workouts. (Failure to maintain 65% for a season may prevent opportunities to advance).
 - Complete any 3 of the specific sets in succession such as:
 - 10 x 50s Free on 1:05
 - 6 x 50s Back on 1:15
 - 6x 50s Fly on 1:15
 - 6 x 50s Breaststroke on 1:20
 - 4 x 100 IMs on 1:50
 - Kick 6 x 50"s on 1:20
 - Establish times in key events including 50-yard events in all strokes, 100/200 Free, and 100/200 IM.
 - Achieve National BB times in all 25 yards events and/or 3 different strokes in 50 or 100 yard events and 100 IM
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BRONZE 1 GROUP (9 - 10)**Prerequisites to Join:**

- Basic proficiency in stroke technique and race conditions.
- Ability to swim 100s and 200s of each stroke, 200 IM, and 500 Freestyle.
- Achieved 1 National Level B times in an event

Training Focus:

- Stroke technique improvement and pace training.

Requirements to Stay In:

- **Training Attendance:** Train for 1.5 hours per practice and attend a minimum of 55% of scheduled workouts. (Failure to maintain 55% for a season may prevent opportunities to advance).
 - Complete specific any 3 of the sets in succession such as:
 - 6 x 50's on 1:10
 - 6 x 50's Back on 1:15
 - 6 x 50's Fly and Breaststroke on 1:20
 - 4 x 100 IMs on 3:10
 - Kick 4 x 100's on 3:10
 - Achieve B times in at least 3 different 50 and/or 100-yard events.
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BRONZE 2 GROUP (9 - 10)**Prerequisites to Join:**

- Advanced proficiency in stroke technique and race conditions.
- Ability to swim 100 yards of each stroke, 100/200 IM, and 500 Freestyle.
- Achieved National BB times in 3 different strokes in 50 or 100 yard events

Training Focus:

- Advanced stroke technique and interval training.

Requirements to Stay In:

- **Training Attendance:** Train for 1.5 hours per practice and attend a minimum of 60% of scheduled workouts. (Failure to maintain 60% for a season may prevent opportunities to advance).
 - Complete any 3 of the specific sets in succession such as:
 - 15 x 50s on 1:00
 - 8 x 50s Back on 1:15
 - 8 x 50s Fly and Breaststroke on 1:20
 - 4 x 100 IMs on 2:30
 - Kick 4 x 100's on 2:45
 - Achieve National BB times in all 50 yard events, and/or at least 3 different 100-yard events.
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SILVER 1 GROUP (11 - 12)

Prerequisites to Join:

- Ability to swim legally on all four strokes.

Training Focus:

- Basics of each stroke, including drills, kicking, and pulling.
- Improve breathing skills, streamline control, stroke technique, pace training, and competitive skills.

Requirements to Stay In:

- **Training Attendance:** Train for 1.5 hours per practice and attend a minimum of 55% of scheduled workouts. (Failure to maintain 55% for a season may prevent opportunities to advance).
 - Demonstrate progress in technique and endurance.
 - Complete any 3 of the specific sets in succession such as:
 - 8 x 50s on 1:00
 - 8 x 50 Back on 1:10
 - 8 x 50 Fly and Breaststroke on 1:15
 - 4 x 100 IMs on 2:10
 - Kick 4 x 100's on 2:35
 - Establish B times in at least 3 different 50 and/or 100 yard events.
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SILVER 2 GROUP (11 - 12)

Prerequisites to Join:

- Ability to swim legally on all four strokes.
- Ability to swim 100s and 200s of each stroke, and 200 IM
- Achieved B times in at least 3 different 50 and/or 100 yard events.

Training Focus:

- Continued improvement of stroke technique and competitive skills.
- Interval and pace training.

Requirements to Stay In:

- **Training Attendance:** Train for 1.5 hours per practice and attend a minimum of 60% of scheduled workouts. (Failure to maintain 60% for a season may prevent opportunities to advance).
 - Complete any 3 of the specific sets in succession such as:
 - 10 x 50s on 1:00
 - 10 x 50 Back on 1:10
 - 10 x 50 Fly and Breaststroke on 1:15
 - 4 x 100 IMs on 2:00
 - Kick 4 x 100's on 2:30
 - Achieve National BB times in 3 different 50 and/or 100 events.
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SILVER 3 GROUP (11 - 12)

Prerequisites to Join:

- Advanced proficiency in stroke technique and race conditions.
- Ability to swim 100s and 200s of each stroke, and 200 IM
- Achieved National BB times in 3 different events.

Training Focus:

- Advanced stroke technique and competitive training.

Requirements to Stay In:

- **Training Attendance:** Train for 2 hours per practice and attend a minimum of 65% of scheduled workouts. (Failure to maintain 65% for a season may prevent opportunities to advance).
 - Complete the specific sets in succession such as:
 - 10 x 100's on 1:35 Free
 - 4 x 200 IM's on 3:15
 - 6 x 100's Kick on 2:10
 - Achieve 3 WAG/JAG/SAG and/or one National A time.
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GOLD 1 GROUP (13 - 14)

Prerequisites to Join:

- Ability to swim legally on all four strokes.

Training Focus:

- Stroke mechanics, strength, and endurance building.

Requirements to Stay In:

- **Training Attendance:** Train for 1.5 hours per practice and attend a minimum of 55% of scheduled workouts. (Failure to maintain 55% for a season may prevent opportunities to advance).
 - Demonstrate progress in technique and endurance.
 - Complete any 3 of the specific sets in succession such as:
 - 8 x 50s on 1:00
 - 8 x 50 Back on 1:10
 - 8 x 50 Fly and Breaststroke on 1:15
 - 4 x 100 IMs on 2:10
 - Kick 4 x 100's on 2:35
 - Establish B times in at least 3 different 50 and/or 100 yard events.
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GOLD 3 GROUP (13 - 14)**Prerequisites to Join:**

- Elite-level commitment and achievement in competitive swimming.
- Proficiency in all four strokes (freestyle, backstroke, butterfly, and breaststroke).
- Achieved National BB times in 3 different events.

Training Focus:

- Advanced stroke technique, training efficiency, and competitive preparation.
- Dryland training for functional development.

Requirements to Stay In:

- **Training Attendance:** Train for 2 hours per practice and attend a minimum of 65% of scheduled workouts. (Failure to maintain 65% for a season may prevent opportunities to advance).
- Complete the specific sets such as:
 - 15 x 100s on 1:25 or combination of strokes on 1:30
 - 6 x 200 IM's on 3:05
 - 8 x 100's Kick on 1:50
- Achieve 3 WAG/JAG/SAG and one National A time.

SENIOR 1 GROUP (14+, must be in High School or higher)***Training coincides with and accounts for high school swim season****Prerequisites to Join:**

- Ability to swim legally on all four strokes.

Training Focus:

- Stroke mechanics, strength, and endurance building.

Requirements to Stay In:

- **Training Attendance:** Train for 1.5 hours per practice and attend a minimum of 55% of scheduled workouts. (Failure to maintain 55% for a season may prevent opportunities to advance).
- Demonstrate progress in technique and endurance.
- Complete any 3 of the specific sets in succession such as:
 - 8 x 50s on 1:00
 - 8 x 50 Back on 1:10
 - 8 x 50 Fly and Breaststroke on 1:15
 - 4 x 100 IMs on 2:10
 - Kick 4 x 100's on 2:35
- Establish B times in at least 3 different 50 and/or 100 yard events.

SENIOR 2 GROUP (14+, must be in High School or higher)***Training coincides with and accounts for high school swim season****Prerequisites to Join - having met either Race Times or Swimming Skills:****1. Race Times:**

- Southern California Swimming Standards: Must have achieved at least one Southern California Swimming Senior Development Time Standard.
- National Times Standards: Must have two JAG/WAG/SAG and/or National A qualifying times in three different events.

2. Swimming Skill Level:

- Proficiency in all four strokes (freestyle, backstroke, butterfly, and breaststroke).
- Demonstrated ability to complete the following training set:
 - 20 x 100s Freestyle on 1:20 or combination of strokes on 1:30
 - 8 x 200 IM's on 3:00
 - 10 x 100's Kick 1:45

3. Previous Experience:

- Some competitive swimming experience, with a record of participation in mid to high level meets.
- Proven ability to handle advanced training schedules and intensity.

4. Recommendation:

- Strong recommendations from previous coaches or swim instructors, highlighting the swimmer's commitment and readiness to handle advanced-level training.

5. Fitness Assessment:

- Completion of a fitness evaluation, including swim-specific tests to gauge readiness for the Senior 3 Group's demanding regimen.

Technique and Improvement:

- Consistently demonstrate improvements in technique and race strategy.
- Actively engage in feedback sessions and apply suggestions to training and competition.

Requirements to Stay In:

1. Training Attendance:

- **Daily Swim Practices:** Attend a minimum of 60% of scheduled practices for a season, including two-hour afternoon sessions and three early morning workouts per week. (Failure to maintain 60% for a season may prevent opportunities to advance to Senior 3).
- **Dryland Practices:** Attend a minimum of 60% of scheduled practices for a season. (Failure to maintain 60% for a season may prevent opportunities to advance to Senior 3). Demonstrate growth in ability for dryland movements/lifts over the course of a season.

- **Competitions:** Mandatory participation in meets and events as determined by the coach.

2. Performance in Test Sets:

- **Performance Standards:** Meet or exceed the performance benchmarks for these sets as determined by the coach.
- Successfully complete any of the following test sets as requested:
 - **20/30 x 100s Freestyle on 1:20 or combination of strokes on 1:30.**
 - **10 x 200s Freestyle on 2:45**
 - **T-30 and maintain a minimum of _____**
 - **Critical Swim Speed (CSS) Test Score of _____**
 - **6 x 100 @ 8:00 one stroke and hold at or near (+/- :09) race pace (National A times, JAG/WAG/SAG times)**

3. Technique and Improvement:

- Consistently demonstrate improvements in technique and race strategy.
- Actively engage in feedback sessions and apply suggestions to training and competition.

4. Team Conduct and Attitude:

- Display sportsmanship, dedication, and a positive attitude toward training and team activities.
- Adhere to team rules and conduct guidelines, including respectful behavior towards coaches and teammates.

5. Health and Wellness:

- Maintain physical health and manage injuries effectively.
- Follow recommended nutrition and recovery protocols.

6. Academic Requirements:

- **High School:** Maintain a minimum GPA as required by the group or school standards.
- **College:** Adhere to NCAA or collegiate academic standards for eligibility and performance.

By setting these tailored prerequisites and requirements, the Senior 2 Group ensures that its members are not only capable swimmers but also fully committed athletes who can handle the rigorous demands of elite-level training and competition.

SENIOR 3 GROUP (14+, must be in High School or higher)

***Training coincides with and accounts for high school swim season**

Prerequisites to Join - having met either Race Times or Swimming Skills:**1. Race Times:**

- Southern California Swimming Standards: Must have achieved at least one Southern California Swimming Senior Development Time Standard.
- National Times Standards: Must have three JAG/WAG/SAG and/or National AA qualifying times in three different events.

2. Swimming Skill Level:

- Proficiency in all four strokes (freestyle, backstroke, butterfly, and breaststroke).
- Demonstrated ability to complete the following training set:
- 20 x 100s Freestyle on 1:15 or combination of strokes on 1:30
- 8 x 200 IM's on 2:50
- 10 x 100's Kick 1:40

3. Previous Experience:

- Extensive competitive swimming experience, with a track record of participation in high-level meets.
- Proven ability to handle advanced training schedules and intensity.

4. Recommendation:

- Strong recommendations from previous coaches or swim instructors, highlighting the swimmer's commitment and ability to handle elite-level training.

5. Fitness Assessment:

- Completion of a fitness evaluation, including swim-specific tests to gauge readiness for the Senior 3 Group's demanding regimen.

Requirements to Stay In:

1. Training Attendance:

- **Daily Practices:** Attend a minimum of 65% of scheduled practices for a season, including two-hour afternoon sessions and three early morning workouts per week. (Failure to do so may result in removal from the group until attendance improves to the acceptable minimum).
- **Dryland Practices:** Attend a minimum of 65% of scheduled practices for a season. (Failure to do so may result in removal from the group until attendance improves to the acceptable minimum). Demonstrate growth in ability for dryland movements/lifts over the course of a season.
- **Competitions:** Mandatory participation in major meets and events as determined by the coach.

2. Performance in Test Sets:

- **Test Sets:** Successfully complete any of the following test sets as requested:
 - 20/30 x 100s Freestyle on 1:15
 - 20/30 x 100 IMs on 1:25
 - 10 x 200s Freestyle on 2:30
 - T-30 and maintain a minimum of _____
 - Critical Swim Speed (CSS) Test Score of _____
 - 6 x 100 @ 8:00 one stroke and hold at or near (+/- :06) race pace (senior development/JO times or higher)
- **Performance Standards:** Meet or exceed the performance benchmarks for these sets as determined by the coach.

3. Technique and Improvement:

- Consistently demonstrate improvements in technique and race strategy.
- Actively engage in feedback sessions and apply suggestions to training and competition.

4. Team Conduct and Attitude:

- Display sportsmanship, dedication, and a positive attitude toward training and team activities.
- Adhere to team rules and conduct guidelines, including respectful behavior towards coaches and teammates.

5. Health and Wellness:

- Maintain physical health and manage injuries effectively.
- Follow recommended nutrition and recovery protocols.

6. Academic Requirements:

- **High School:** Maintain a minimum GPA as required by the group or school standards.

- **College:** Adhere to NCAA or collegiate academic standards for eligibility and performance.

By setting these tailored prerequisites and requirements, the Senior 3 Group ensures that its members are not only capable swimmers but also fully committed athletes who can handle the rigorous demands of elite-level training and competition.

NATIONAL GROUP (15 & OLDER)

In addition to meeting all the prerequisites and requirements of the Senior 3 Group, swimmers in the National Group must achieve Sectional qualifying times and/or at least one Winter Junior National qualifying standard. Members of this group are expected to maintain a higher minimum level of workout attendance than the Senior 3 group.

Swimmers who meet these criteria will benefit from:

- **Travel Support:** Assistance with travel arrangements to and from National Meets.
- **Accommodations:** Team-provided lodging for overnight stays at National Meets.
- **National Team Gear:** Provision of official National Team apparel.
- This group represents an elite level of competition and commitment, rewarding swimmers with support and recognition for their achievements.