



## WHITE PYRAMID

This pyramid represents the entry point athlete. These groups meet 5 times per week. Here the child will progress through the educational process of learning the fundamental skills of swimming; building confidence, breaking down fears in a fun and safe environment. The athlete will learn to master the four strokes, learn the proper diving-start sequence, as well as practice behaviors of pace clock reading.

- Minimum meet participation is required, but not limited to Inner-Team, HOA, and 1 USA Sanctioned meet per month or as assigned to White Pyramid group.

### Groups within the Pyramid:

- Discovery
- Juniors 1 & 2
- Advanced

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## BLACK PYRAMID

This group should display proficiency in all four strokes and understand the ins-and outs of daily workouts. They all must understand reading a pace clock and have general leadership skills.

- This group meets 6 times per week (excluding advanced) and has an 80% requirement for practices.
- This group is required to attend all meets assigned to the Black Pyramid each season. This is 3-5 meets.

### Groups within the Pyramid:

- Champs I
- Bronze

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## GOLD PYRAMID

This group displays all the necessary skills in the practice environment. They are expected to be accountable for their swimming career and display all the necessary leadership skills to build the champion within. The rigors of daily workouts will be both physically and mentally challenging. The athlete needs to show the signs of buying into the program and be willing to do whatever it takes.

- The Head Coach has total control over the Pyramid on any matters. MOVE UP policy will be enforced to the fullest.

- This group has a 90% practice requirement and must participate in all meets assigned to this Pyramid.

Groups within the Pyramid:

- Silver (age 14 or younger)
- Champs II

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## **SENIORS**

The Seniors represent athletes looking to extend their career into National meets and colligate swimming.

- Senior I
- Senior II