



VICTORY AQUATICS

Roster Group Definitions – Age Group Development

Age Group Development

These swimmers are committed to training attendance and have begun participating in their first swim meets. Their ability to complete the set requirements of the Age Group Development roster group will be assessed along with their level of maturity and commitment to both training and swim meets.

They will be perfecting all 4 strokes, turns, and underwaters to become legal for swim meets. They will become block certified.

Focus is on technique improvements and introducing endurance with some **minor** attention to speed. Proper and safe techniques for dryland training will be emphasized. Our goal is injury prevention.

The Age Group Development team is for the athletes and parents who are now wanting to attend meets, taking the team more seriously and attending practice at a more consistent level.

Group Requirements:

“C” or better times in at least one freestyle event and one backstroke event. Breaststroke and butterfly are competition ready. Commitment to training is demonstrated.

Training:

Duration: 45 mins water + 15 min dryland – 5 days a week

Time: 4:00 pm – 5:00 pm

Equipment Requirement

- ✓ Practice Cap (Silicone recommended for long hair)
- ✓ Victory Cap for swim meets
- ✓ Goggles
- ✓ Kickboard
- ✓ Pull Bouy
- ✓ Fins
- ✓ (Optional) Wet bag to hold the equipment

NOTE ON SPEED: Swimmers who get fast with poor technique will hit a plateau and never get fast enough to reach the Senior levels. To get faster they must ‘unlearn’ poor technique and focus on technique improvements. They will get slower and this can have a negative psychological impact on high performance swimmers. Our focus is on technique before speed.