

Loveland Swim Club

Group Overview & Promotion Policy



Splash – Elementary School Age (6-9) – 3 practice sessions/week

- Must have the ability to swim 25 yards of backstroke and freestyle proficiently.
- Must also possess a general knowledge of breaststroke and butterfly.
- Must demonstrate the ability to participate in a group setting.

Goals:

- To learn how to be a competitive swimmer while developing the technical skills that will be needed in their future swimming.
- Strong team dynamic will be emphasized to develop camaraderie and a love for the sport.
- Swimmers should participate in at least one sanctioned meet per season (short course and long course.)
- Commitment to attend three practices per week (consistency produces greater improvement.)

Group Equipment Expectations:

Suit/Cap/Goggles

Water Bottle

Workout clothes - Shoes (closed toe), shorts - used for Dryland workouts.

Swimmers Equipment Wet Bag:

Kickboard - Smaller

Fins – Speedo Switchblade



Age Group I (Surge) – Elementary School Age (7-11) – 4 or 5 practice sessions/week

- Must have the ability to swim all four competitive strokes and should have a legal breaststroke kick.
- Encouraged to participate in other sports.
- Must demonstrate the ability to participate in a group setting.
- Begin the process of self-reliance with practice preparation, gear, and meet management.
- The final decision for selection to the AGI Group is at the discretion of the Lead Group Coach.

Goals:

- To learn how to be a competitive swimmer while developing the technical skills that will be needed in their future swimming.
- Strong team dynamic will be emphasized to develop camaraderie and a love for the sport.
- Swimmers should participate in multiple sanctioned meets per season (short course and long course).
- Commitment to attend at least four practices per week (consistency produces greater improvement.)

Group Equipment Expectations:

Suit/Cap/Goggles

Water Bottle

Workout clothes - Shoes (closed toe), shorts - used for Dryland workouts.

Swimmers Equipment Wet Bag:

Kickboard - Smaller

Fins – Speedo Switchblade

**Age Group II (Cyclone) – Middle School Age (9-12) – 4 or 5 practice sessions/week**

- Must have advanced to legal starts, turns, and can swim a legal 100 yd Individual Medley.
- Continue the process of self-reliance with practice preparation, gear, and meet management.
- Basic use of pace clock.
- The final decision for selection to the AGII Group is at the discretion of the Lead Group Coach.

Goals:

- Continued improvement on proper technique, racing skills, building endurance.
- Personal improvement and competition are the focus as well as having fun!
- Swimmers should participate in most of the sanctioned meets each season including the championship meet (short course and long course.)
- Commitment to attend four practices per week (consistency produces greater improvement.)

Advancement:

Swimmers can progress to AGIII or JRII.

Group Equipment Expectations:

Suit/Cap/Goggles

Water Bottle

Workout clothes - Shoes (closed toe), shorts - used for Dryland workouts.

Swimmers Equipment Wet Bag:

Pull Buoy – appropriate size.

Paddles – BARELY larger than the size of the hand – Finis Agility Paddles

Kickboard - Smaller

Fins – Speedo Switchblade

Snorkel - must be a swimmer's snorkel.

**Age Group III (Hurricane) – Elementary -> Middle School Age (9-12) – 5 or 6 practice sessions/week**

- Must have regularly competed in events 200 yards and above at sanctioned meets.
- Fully committed to the process of self-reliance with practice preparation, gear, and meet management.
- Ability to read clock, calculate paces and set times.
- The final decision for selection to the AGIII Group is at the discretion of the Head Age Group Coach/Head Coach

Goals:

- To achieve competitive success at their highest potentials.
- Strong team dynamic, stroke technique, racing skills and work ethic will be emphasized to prepare swimmers for their senior swimming careers.
- Swimmers will target state championship qualifying standards as goals.
- Swimmers are expected to attend all sanctioned meets unless their absence is approved by their coach in advance.

Attendance:

Swimmers are expected to attend 80% of weekly practice sessions with all absences approved by the Lead Age Group Coach in advance. Attendance below this expectation level will preclude any discussion of advancement to the next group level.

Advancement:

Swimmers may progress to JR II, JR III

Group Equipment Expectations:

Suit/Cap/Goggles

Water Bottle

Workout clothes - Shoes (closed toe), shorts - used for Dryland workouts.

Swimmers Equipment Wet Bag:

Pull Buoy – appropriate size.

Paddles – BARELY larger than the size of the hand – Finis Agility Paddles

Kickboard - Smaller

Fins – Speedo Switchblade

Snorkel - must be a swimmer's snorkel.

**Junior II (Storm) – Middle School Age (12-14) – 4 or 5 practice sessions/week**

- Must be legal in all four strokes, starts, turns, and compete in a legal 200 Individual Medley.
- Perfect for the multisport/artistic/musical/academic athlete with various extracurricular activities.

Goals:

- Continued stroke improvement on technique, racing strategy, goal setting.
- Develop technique and endurance base.
- Commitment to attend four practices per week (consistency produces greater improvement.)

Advancement:

Swimmers can progress to JR III or SRI, SR II

Group Equipment Expectations:

Suit/Cap/Goggles

Water Bottle

Workout clothes - Shoes (closed toe), shorts - used for Dryland workouts.

Swimmers Equipment Wet Bag:

Pull Buoy – appropriate size.

Paddles – BARELY larger than the size of the hand – Finis Agility Paddles

Kickboard - Smaller

Fins – Speedo Switchblade

Snorkel - must be a swimmer's snorkel.

**Junior III (Lightning)- Middle School & Early High School (12-14) – 6 or 7 practice sessions/week**

- Must have multiple Colorado State Age Group Q-Times in various strokes in distances of 100 yards and above.
- Attend all sanctioned meets within the season, typically a single sport athlete.
- Ability to read clock, calculate paces and set times and appropriate goals.
- Swimmers must seasonally complete the goal and self-assessment process.
- The final decision for selection to the AGIII Group is at the discretion of the Head Age Group Coach/Head Coach

Goals:

- To achieve competitive success, adaptability, and resilience.
- Strong team dynamic, stroke technique, racing skills and work ethic will be emphasized to prepare swimmers for their senior swimming careers.
- Swimmers will target State, Western Zones, and travel championship meet qualifying times.
- Swimmers are expected to attend all sanctioned meets unless their absence is approved by their coach in advance.

Attendance:

Swimmers are expected to attend 80% of weekly practice sessions with all absences approved by the Lead Age Group Coach in advance. Attendance below this expectation level will preclude any discussion of advancement to the next group level.

Advancement:

Swimmers may progress to JR II, SRI, SR II

Group Equipment Expectations:

Suit/Cap/Goggles

Water Bottle

Workout clothes - Shoes (closed toe), shorts - used for Dryland workouts.

Swimmers Equipment Wet Bag:

Pull Buoy – appropriate size.

Paddles - larger than the size of the hand – Strokemaker or TYR Catalyst

Kickboard - smaller

Fins – Speedo Switchblade

Arena Powerfin Pro Swim Fins

TYR Hydroblade Fins

Swimmers Parachute – Appropriate size (Finis, Speedo, TYR)

Snorkel - must be a swimmer's snorkel.



Senior I (Thunder) - High School Age (14-18) – 5 practice sessions/week

- Must be legal in all four strokes, starts, turns, and swim a legal 200IM.
- Perfect for the multisport/artistic/musical/academic athlete with various extracurricular activities.

Goals:

- Continued improvement on stroke technique, racing strategy, and goal setting.
- Forming and contributing to a strong group dynamic.
- Develop technique and endurance base.
- Swimmers will target CSI Senior Championships.
- Commitment to attend four practices per week (consistency produces greater improvement.)

Advancement:

Swimmers can progress to SR II

Group Equipment Expectations:

Suit/Cap/Goggles

Water Bottle

Workout clothes - Shoes (closed toe), shorts - used for Dryland workouts.

Swimmers Equipment Wet Bag:

Pull Buoy – appropriate size.

Paddles - larger than the size of the hand – Strokemaker or TYR Catalyst

Kickboard - smaller

Fins – Speedo Switchblade

Arena Powerfin Pro Swim Fins

TYR Hydroblade Fins

Swimmers Parachute – Appropriate size (Finis, Speedo, TYR)

Snorkel - must be a swimmer's snorkel.

Optional items:

Nose Plug

Fulcrum



Senior II (Boltz) Peak Training Group - High School Age (14-18) – 7 or 8 practice sessions/week

- Preferably a single sport athlete.
- Competition in various strokes and distances as a developmental process is expected throughout the competitive cycle. Short course and long course championship team travel is expected if qualifying standards and practice commitment are met.
- Swimmers must seasonally complete the goal and self-assessment process.
- Swimmers will target State, Western Zones, Sectionals Championship, and National meet qualifying times.
- The final decision for selection to the top senior training group is at the discretion of the Head Coach.

Goals:

- The goal is for swimmers to achieve competitive success at their highest potential.
- Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers and/or successful professional careers outside of the pool.
- Swimmers are expected to attend all meets.

Attendance:

Swimmers are expected to attend 85% of weekly practice sessions with all absences approved by the Head Coach in advance. Attendance below this expectation level will preclude any discussion of advancement to the next group level. Attendance below this expectation level may prompt discussions regarding a move to Senior I.

Group Equipment Expectations:

- Suit/Cap/Goggles

- Water Bottle

- Workout clothes - Shoes (closed toe), shorts - used for Dryland workouts.

- Swimmers Equipment Wet Bag:

 - Pull Buoy – appropriate size.

 - Paddles - larger than the size of the hand – Strokemaker or TYR Catalyst

 - Kickboard - smaller

 - Fins - Must be one of:

 - DMC Elite Fins

 - Arena Powerfin Pro Swim Fins

 - TYR Hydroblade Fins

 - Swimmers Parachute – Appropriate size (Finis, Speedo, TYR)

 - Snorkel - must be a swimmer's snorkel.

 - Optional items:

 - Nose Plug

 - Fulcrum

 - Various other Paddles

 - Power bags - need 2 sets for arms and legs - 1 x PB-25 and 1 x PB-40

 - Finis Tempo Trainer

LSC Group Placement/Advancement Policy

The overall goal of the club's group integration is to develop skill proficient athletes who are able to advance their training and competitive swimming career through consistent practice and competition events. The integration process builds upon a prerequisite skill set that must be in place before advancement is pursued. The following guidelines are in place for the best interest of the athlete, the athlete's family, and the integrity of the various training groups on the club. They are also in place to allow the club coaching staff the ability to maintain group integrity and allow a thoughtful athlete driven advancement curve that ensures long term athlete development. The Head Coach is responsible for the final decision for all group move-up decisions.

Factors that weigh into group placement and group move-up decisions:

- Level of commitment to practice attendance and competition expectations
- Training group effort and behavior
- Psychological maturity level
- Physiological needs
- Competitive maturity
- Independence and self-reliance
- Age
- Coachability

Any **group move-ups** will be carried out by the coaching staff and **will require a meeting of the swimmer and the head coach** (and in some cases also a parent and/or assistant coach). The coaching staff will carefully consider four Readiness factors in assessing the swimmer's daily attitude, effort, progress, and choices at practice. If a group move up is agreed upon, then the swimmer will *transition* to the new group over a period of a few weeks.

The athlete will ONLY be moved IF they meet the requirements of:

1. **Physiological Readiness**
2. **Psychological Readiness**
3. **Technical Readiness**
4. **Tactical Readiness**

If the athlete still needs to develop in any of the categories, they will remain in their current group and continue to work on the developmental factors.

DEFINITIONS:

Physiological Readiness: The ability to meet the physical demands of the practice group.

The swimmer can make the slowest intervals for the higher group, sustain themselves for the length of the workout, and is excelling beyond their current group's physiological readiness standard. (e.g., a high school group swimmer who is consistently going on the fastest group interval or pushing themselves to the senior group level intervals, is showing marked time improvements in practice and competition, and has mastered the basic dryland movements—burpee, push-up, squat, lunge, and plank.)

Psychological Readiness: The mental maturity to participate in their practice group.

The swimmer is able to self-regulate their thoughts and emotions and communicate effectively with their coaches and teammates to the level necessary for the higher practice group. (e.g., an age group level swimmer who has the emotional intelligence to process anger/frustration and translate it into motivation, a willingness to receive corrections from their coach and put them into practice, an ability to own their attitude, and the age maturity to practice with the senior group.)

Technical Readiness: The technical skills and *consistent, daily application* of those skills.

The swimmer has knowledge and body awareness of the strokes necessary for practice in the higher group. They consistently work to improve those skills at every practice. (e.g., a high school group level swimmer who is experienced in all four strokes, engaged in the learning process, actively making corrections and adjustments, and specifically, dolphin kicking out past the flags off of *every* wall, breathing on their second or third stroke of *every* wall, has a mastery of freestyle, and is making efforts towards mastery of the other three strokes.)

Tactical Readiness: The ability to assess the demands and challenges they face at practice.

The swimmer is able to use their skills, knowledge, and experience to assess the risk, and reward of a training or competition choice and plan for and accept the outcome. In short, it is your ability to make decisions. Your tactical readiness is closely tied to your physiological, psychological, and technical abilities.

COMMON MISCONCEPTIONS:

I have a state / zone time, so I can swim in a higher group.

Obtaining a state time or a zones time is super exciting and awesome, but it is one piece of physiological readiness. Equal weight is given to times one does in practice, effort in practice, and attitude/behavior in practice and at meets.

One week of "good" practice means I am ready.

One week of "good" practice is a start. We want to see 2-3 months of sustained effort and attitude to ensure the correct habits are being formed. We are reminded of the Will Durant quote, "*We are what we repeatedly do. So, excellence then, is not an act, but a habit.*"

Today is my 13th birthday, so I am ready for a move up.

First, happy birthday, time for a birthday swim! Second, similar to obtaining a specific time cut, your age is one piece connected to physiological and psychological readiness that a coach is using to weigh your readiness for group placement.