



Life Time Colorado Swim Team

Groups & Levels (rev. 3/20)



Developmental I	<p>≠ Age 10&U (helpful guide only, skill level may vary)</p> <p>Should have basic knowledge of all four competitive strokes. Should be able to complete a 50m free with rotary breathing and a 50m backstroke. This group will meet two times per week for 45 minutes each practice. (Must complete level 601 skills)</p>
Developmental II	<p>≠ Age 11&O (helpful guide only, skill level may vary)</p> <p>Should have basic knowledge of all four competitive strokes. Should be able to complete a 50m free with rotary breathing and a 50m backstroke. This group will meet two times per week for 60 minutes each practice. (Must complete level 601 skills)</p>
<p>Bronze</p> <p><i>(combining with Copper)</i></p>	<p>≠ Age 6-10 (helpful guide only, skill level may vary)</p> <ul style="list-style-type: none"> · This group is the transition towards age group training. In addition to fine tuning legal technique in all four strokes swimmers will develop more stamina and athleticism. Swimmers will also start to understand the relationship of training and meet performance. Basic stretching and body balance dry land exercises are introduced at this level. · Swimmers must be able to demonstrate proper and legal technique in all four strokes. · Swimmers must be able to complete 50 yd freestyle and 50 yd back stroke and have a basic understanding of a proper turn for each. · Swimmers must be able to complete a 100 IM. · Swimmers must have a basic understanding of using a pace clock. · Swimmers must be able to adhere to the team's practice rules of : Being at practice to practice not play, behave in a manner that allows the coaches to coach and the other swimmers to practice, and follow directions and do things correctly. · As the old saying goes, "You will get out of it, what you put into it." Recommended weekly attendance for this group is at least 2x's per week, recommended attendance for best results is 3-4 x's per week. Competition Required
Silver	<p>≠ Age 9-12 (helpful guide only, skill level may vary)</p> <ul style="list-style-type: none"> · Swimmers must be able to complete 200 yd freestyle with flip turns. · Swimmers must be able to complete a 100 yd backstroke with basic knowledge and competency of flip turns. · Swimmers must be able to legally complete a 50 yd butterfly and a 50 yd breast stroke. · Swimmers must be able to use a pace clock for basic send offs and cycles. · Swimmers must be able to adhere to the team's practice rules of Being at practice to practice not play, behave in a manner that allows the coaches to coach and the other swimmers to practice, and follow directions and do things correctly. · As the old saying goes, "You will get out of it, what you put into it." Recommended weekly attendance for this group is 3-4x's per week.

	<ul style="list-style-type: none"> · Competition Required. · This is a pivotal training group for swimmers. In this group swimmers transition from learning the basics of competitive swimming to expectations of our senior training program. Swimmers will compete in longer distances and continue to better understand the relationship of practice habits, attendance and meet performance. A more in depth stretching and body balance dry land program is used. · Swimmers must be able to competently complete a 100 IM.
Gold	<p>≠ Age 10-14 (helpful guide only, skill level may vary)</p> <ul style="list-style-type: none"> · At this level swimmers learn how to train. Swimmers gain a better understanding of the concept of muscle memory and good practice technique (habits) and how that relates to meet performance. Swimmers will learn to set goals for practices, times and achievements. A more comprehensive dry land program is introduced using medicine balls, stretching and body weight exercises. · Swimmers must be able to competently complete a 200 IM. · Swimmers must be able to complete 100yds of each stroke. · Swimmers must be able to perform a set of 10x100 freestyle on 1:40 repeat cycle. · Swimmers must be able to utilize a pace clock for send offs and cycle work. · Swimmers need to be able and willing to use all required equipment for the group. · Swimmers must be able to competently use a pace clock for all practice sets. · Swimmers must be able to adhere to the team's practice rules of Being at practice to practice not play, behave in a manner that allows the coaches to coach and the other swimmers to practice, and follow directions and do things correctly. · As the old saying goes, "You will get out of it, what you put into it." At this level our practices build off one another. Required attendance for this group is no fewer than 3x's per week. Recommended is 4-5x's per week. · Competition Required.
Senior	<p>≠ Age 13&O (helpful guide only, skill level may vary)</p> <ul style="list-style-type: none"> · Senior group represents the highest level of swimming our program offers. Swimmers continue to learn to train properly and the merits of proper practice technique. We have a more indepth dry land training program, mental training program and goal setting program. · Swimmers must be able to competently complete a 200yd swim of each stroke. · Swimmers must be able to complete a 1650yd freestyle swim. · Swimmers must be able to complete a 400 yd IM. · Swimmers must be able to perform a set of 10x100 free on a 1:20 repeat cycle.

	<ul style="list-style-type: none"> · Swimmers must have a basic understanding of goal setting, resting for goal meets, and the merits of hard practices. · Swimmers must be able to use the pace clock. · Swimmers must be able to adhere to the team's practice rules of Being at practice to practice not play, behave in a manner that allows the coaches to coach and the other swimmers to practice, and follow directions and do things correctly. · As the old saying goes, "You will get out of it, what you put into it." At this level our practices build off one another. Required attendance for this group is no fewer than 5x's per week. Recommended is 6x's per week. · Competition Required.
Platinum	<p><i>For the High school age swimmer that cannot commit to the rigors of the Senior group schedule. This group will only meet 3x's per week.</i></p> <p>Age 13&O</p> <ul style="list-style-type: none"> · At this level swimmers learn how to train. Swimmers gain a better understanding of the concept of muscle memory and good practice technique (habits) and how that relates to meet performance. Swimmers will learn to set goals for practices, times and achievements. A more comprehensive dry land program is introduced using medicine balls, stretching and body weight exercises. · Swimmers must be able to competently complete a 200 IM. · Swimmers must be able to complete 100yds of each stroke. · Swimmers must be able to perform a set of 10x100 freestyle on 1:40 repeat cycle. · Swimmers must be able to utilize a pace clock for send offs and cycle work. · Swimmers need to be able and willing to use all required equipment for the group. · Swimmers must be able to competently use a pace clock for all practice sets. · Swimmers must be able to adhere to the team's practice rules of Being at practice to practice not play, behave in a manner that allows the coaches to coach and the other swimmers to practice, and follow directions and do things correctly. · As the old saying goes, "You will get out of it, what you put into it." At this level our practices build off one another. There is no minimum requirement for this group. · Competition Required.