



## **GOLD GROUP**

A Gold Group swimmer should have a solid aerobic background and will be introduced to anaerobic and race pace training. The practice structure, and intensity is designed for the long-term development of all strokes, IM, and all events. Swimmers in this group should be working towards being placed in Black 2. It is expected that swimmers in this group commit to consistently attending 6 workouts per week.

**Practices:** 6 pool practices per week.

**Dryland:** 3 x 30-minute dryland sessions per week.

**Meets:** Gold Group swimmers are asked to attend the meet scheduled prepared by the team.

**Age:** The age range for the Gold Group swimmers ranges from 7<sup>th</sup> to 9th Grade.

**Minimum requirements:** In order to train effectively, Gold Group swimmers should be able to warm up on a 1:25/100 base for freestyle and a 1:35/100 base for IM, with good technique and walls skills. Only swimmers with strong attendance in the Gray Group may transition to the Gold Group.

**Equipment:**

- Water Bottle
- Kickboards
- Short Fins
- Snorkel
- Paddles
- Pull Buoy
- Tempo Trainer