



FAST Falcons
Competitive Group Progressions

FAST Falcon Training Group Descriptions and Standards

The goal of the FAST Falcon program is to provide exceptional teaching and training to our competitive swimmers as they strive to reach their swimming goals. Training groups will be structured to provide the best environment for success. Generally training groups are structured to be homogenous in terms of age and ability so that Falcon swimmers are challenged and pushed in an environment that is appropriate for their age and ability level. As the program continues to evolve, training standards will evolve as well. This document will be updated as needed to reflect the needs of the Falcons over time.

Swimmers will be placed in training groups by age and ability. We will keep swimmers of similar age together throughout their time at FAST. Building peer groups and friendships with other swimmers of similar age is an important part of our program.

At FAST we take a long-term athlete development approach. While having swimmers perform well at 10, 11, and 12 years of age is great, the ultimate goal is to set swimmers up for success through high school and into college (if that is their goal). Swimmers who move through the FAST program will develop the skills and characteristics of successful swimming at age-appropriate times.

Swimmers will need to meet the standards/ skills listed for each level to be considered for advancement throughout the program. These standards are the minimum expectations for swimmers at the next training level. If a swimmer in a training group is no longer able to meet the minimum standards for that level, or if they choose not to meet the expectations of that level, they may be moved to a more appropriate training group.

Guppy
Ages 10 & Under

Entrance Requirements

1. 50 yards legal freestyle
2. 50 yards legal backstroke
3. Concept of butterfly and breaststroke timing
4. Agrees to compete in meets each month.

Skills Taught

1. Bilateral breathing
2. Ready position
3. Breaststroke timing
4. Butterfly timing
5. Can perform a legal breaststroke and/or butterfly kick
6. Holds streamline from the wall and performs two dolphin kicks
7. Legal turns
8. USA Swimming dive progression
9. Understands IM order

Equipment Used/Required

1. Kick board
2. Fins (Short)

Dryland

1. Swimmer participates in multiple sports/activities
2. Introduction to games that include skipping, hopping, jumping, throwing, crawling

Swimmer and Parent Education

1. 2-3 x annual parent meeting
2. Understands importance of Group Warm Up/Warm Down
3. Introduction to Long Term Athlete Development model
4. Introduction to USOPC/ USA Swimming MAAPP and Safe Sport program

Character Development/Life Skills

1. Swimmer knows team name and colors
2. Swimmer knows the name of training group above
3. Swimmer listens to the coach suggestions and tries to make changes
4. Swimmer involves self in team activities/cheering/support of teammates/TEAM PRIDE.

Dolphin

Ages 10 & Under

Entrance Requirements

1. Attendance in 3 meets
2. Kick 50s @ 1:10scy/1:15 lcm
3. Swim 50s @ :55scy/1:00 lcm
4. Completes Dive Progressions (document)
5. Competes in USA Swimming sanctioned meets

Skills Taught

1. Streamline push offs with 3 Underwater Dolphin Kicks
2. Begin to Read the Clock
3. Focus on Head Position and Body Line
4. Introduction to breathing patterns (every 3 for free, every other for fly)
5. Introduction to USA Swimming's IM Ready Program (<https://www.usaswimming.org/times/imx-imr>)

Equipment Used/Required

1. Kick board
2. Fins (Short)

Dryland

1. Swimmer will play broad based movement games
2. Swimmer will participate in multiple sports/activities
3. Introduction to stretching, balance and coordination skills

Parent Education

1. 2-3 x annual parent meeting
2. Encourages swimmers to communicate with coaches
3. Introduced to the role of the parent, swimmer and coach in Long Term Athlete Development (LTAD)

Character Development/Life Skills

1. Swimmer knows the name of training group and the training group's coach above
2. Swimmer listens to coach suggestions and tries to make changes
3. Swimmer can follow directions and gives coach attention during explanations
4. Swimmer knows teammates from other groups.
5. Introduction to goal setting.

Shark

10 & Under

Entrance Requirements

1. IMR Score
2. Kick 100s @ 2:10scy while maintaining proper technique
3. IM 100s @ 1:50cy while maintaining proper technique
4. Free 100s @ 1:40scy while maintaining proper technique
5. Four 10 & Under BB Times in 3 or more strokes. 1 must be 100 yards or longer
6. Attends meets monthly.

Skills Taught:

1. Drop and Push with 5 Underwater Dolphin Kicks
2. Understands Drill Progressions for each stroke
3. Can apply breathing patterns during practice/races
4. Can perform legal turns consistently
5. Can perform breathing patterns in practices
6. Can perform legal 200 IM including turns
7. Can perform relay exchanges
8. Can calculate times by reading the clock
9. Introduction to USA Swimming's IMX Program (<https://www.usaswimming.org/times/imx-imr>)

Equipment Used/Required

1. Kick board
2. Fins (Short)

Dryland

1. Swimmer participates in multiple sports/activities
2. Enhancing stretching, balance and coordination skills

Parent Education

1. 2-3 x annual parent meeting
2. Understands importance of Group Warm Up/Warm Down
3. Encourages swimmers to communicate with coaches
4. Parents understand importance of taking leadership roles with newer parents on the team.
5. Continued education in Long Term Athlete Development model

Character Development/Life Skills

1. Swimmer begins to understand time management (Homework, friends, etc)
2. During practice the swimmer will: start on time, finish at the wall, follow directions, complete entire set
3. The swimmer learns basic race strategies and breathing patterns
4. Written Goal Setting classroom sessions with coaches

Age Group 1

Ages 11-12

Entrance Requirements

1. IMR Score (<https://www.usaswimming.org/times/imx-imr>)
2. Kick 100s @ 2:00sc while maintaining proper technique
3. IM 100s @ 1:50sc while maintaining proper technique
4. Free 100s @ 1:40sc while maintaining proper technique
5. Four 11-12 B Times in 2 or more strokes.
6. Attend meets monthly

Skills Taught:

1. Drop and Push with 4 Underwater Dolphin Kicks
2. Can perform legal turns consistently
3. Can perform breathing patterns in practices
4. Knows Drill Progressions
5. Can perform relay exchanges
6. Can calculate times by reading the clock
7. Completes a 200 IM legally (including turns).
8. Confident in racing all strokes and distances in swim meets.

Equipment Used/Required

1. Kick board
2. Fins (short)
3. Pull Buoy
4. Paddles (see coach for sizing help)
5. Snorkel

Dryland

1. Swimmer participates in multiple sports/activities
2. Introduction to advanced stretching, balance and coordination skills
3. Transition from skill-based games to core work and body line exercises

Swimmer and Parent Education

1. 2-3 x annual parent meeting
2. Nutrition- meets and practice
3. Encourages swimmer to communicate with coaches
4. Continued education in Long Term Athlete Development model

Character Development/Life Skills

1. Championship Behavior
2. Self-motivation.
3. Can ignore negative influences
4. Take responsibility for their sport (actions and attendance)
5. Desire to be your best
6. Work Ethic
7. Time Management

Age Group 2

Ages 11-12

Entrance Requirements

1. 75% Attendance for both water and dryland
2. Kick 100s @ 1:55scy while maintaining proper technique
3. IM 100s @ 1:35scy while maintaining proper technique
4. Free 100s @ 1:25scy while maintaining proper technique
5. 11-12 A times
6. Attends meets monthly
7. IMX Score (<https://www.usaswimming.org/times/imx-imr>)

Skills Taught/ Reinforced

1. Understands Drill Progressions for each stroke
2. Knowing how to read the clock
3. Knowing how to: build, pace, negative split, descend, best average, stroke count, all legal strokes
4. Continue working on Starts and Turns
5. Can perform 5 underwater dolphin kicks off wall during practices
6. Willing to make technical changes

Equipment Used/Required

1. Kick board
2. Fins (short)
3. Pull Buoy
4. Paddles (see coach for sizing help)
5. Snorkel

Dryland/Other

1. Core
2. Proper Form
3. Attention to detail

Swimmer and Parent Education

1. 2-3 x annual parent meeting
2. Nutrition- meets and practice
3. Encourages swimmer to communicate with coaches
4. Introduction to Qualifications for USA Swimming Zone Select Camp

Character Development/Life Skills

1. Championship Behavior
2. Self-motivation.
3. Can ignore negative influences
4. Take responsibility for their sport (actions and attendance)
5. Desire to be your best
6. Work Ethic
7. Time Management

Junior 1
Ages 13-14

Entrance Requirements

1. Kick 100s @ 1:55sc while maintaining proper technique
2. IM 100s @ 1:40sc while maintaining proper technique
3. Free 100s @ 1:30sc while maintaining proper technique
4. One meet per month
5. IMR Score (<https://www.usaswimming.org/times/imx-imr>)

Skills Taught/reinforced

1. Leaving walls correctly
2. Knowing how to read the clock
3. Knowing how to: build, pace, negative split, descend, best average, stroke count, all legal strokes
4. Continue working on Starts and Turns
5. Willing to make technical changes
6. Goal Setting

Equipment Used/Required

1. Boards
2. Fins
3. Snorkels
4. Buoy
5. Paddles (see coach for sizing help)

Dryland/Other

1. Core
2. Proper Form
3. Attention to detail

Education

1. Diet
2. Taper
3. Social Media
4. Attitudes

Character Development/Life Skills

1. Championship Behavior
2. Self-motivation.
3. Can ignore negative influences
4. Take responsibility for their sport (actions and attendance)
5. Desire to be your best
6. Work Ethic
7. Time Management

Junior 2

Ages 13-14

Entrance Requirements

1. 70% Attendance for both water and dryland
2. Kick 100s @ 1:40sc while maintaining proper technique
3. IM 100s @ 1:25sc while maintaining proper technique
4. Free 100s @ 1:15sc while maintaining proper technique
5. 13-14 A times in 3 events/ strokes
6. Attends all meets including championship meets
7. IMX Score (<https://www.usaswimming.org/times/imx-imr>)

Skills Taught/reinforced

1. Leaving walls correctly
2. Knowing how to read the clock
3. Knowing how to: build, pace, negative split, descend, best average, stroke count, all legal strokes
4. Continue working on Starts and Turns
5. Willing to make technical changes
6. Goal Setting

Equipment Used/Required

1. Kick board
2. Fins
3. Snorkels
4. Buoy
5. Paddles (see coach for sizing help)

Dryland/Other

1. Core
2. Proper Form
3. Attention to detail

Education

1. Diet
2. Taper
3. Social Media
4. Attitudes
5. Introduction to USA Swimming Select Camp selection procedures and opportunities

Character Development/Life Skills

1. Championship Behavior
2. Self-motivation.
3. Can ignore negative influences
4. Take responsibility for their sport (actions and attendance)
5. Desire to be your best
6. Work Ethic
7. Time Management
8. Positive Contributor to Team Environment

Senior 1
High School Swimmers

Entrance Requirements

1. Kick 100s @ 2:10sc while maintaining proper technique
2. IM 100s @ 1:50cy while maintaining proper technique
3. Free 100s @ 1:35sc while maintaining proper technique
4. Competes in meets monthly
5. All Championship meets.

Skills Taught/reinforced

1. Leaving walls correctly
2. Knowing how to read the clock
3. Knowing how to: build, pace, negative split, descend, best average, stroke count, all legal strokes
4. Continue working on Starts and Turns
5. Willing to make technical changes
6. Goal Setting
7. Begins college search/ college recruitment process.

Equipment Used/Required

1. Kick board
2. Fins
3. Snorkel
4. Buoy
5. Paddles (see coach for sizing help)

Dryland/Other

1. Core
2. Proper Form
3. Attention to detail

Education

1. Diet
2. Taper
3. Social Media
4. Attitudes
5. Completion of USA Swimming Athlete Protection Program

Character Development/Life Skills

1. Championship Behavior
2. Self-motivation.
3. Can ignore negative influences
4. Take responsibility for their sport (actions and attendance)
5. Desire to be your best
6. Work Ethic
7. Time Management
8. Positive Contributor to Team Environment

Senior 2
High School Swimmers

Entrance Requirements

1. 90% Attendance for both water and dryland
2. Kick 100s @ 1:40scy while maintaining proper technique
3. IM 100s @ 1:25scy while maintaining proper technique
4. Free 100s @ 1:15scy while maintaining proper technique
5. Multiple Senior Champs/ Sectional cuts in events 200 and longer
6. Competes in meets monthly including championship meets

Skills Taught/reinforced

1. Concepts of aerobic and anaerobic training
2. Ability to change speed while maintaining stroke efficiency
3. Maintains proper technique under increased training loads.
4. Understands tempo and stroke count; applies this to race strategies.
5. Willing to make technical changes
6. Begins college search/ college recruitment process.

Equipment Used/Required

1. Kick board
2. Fins
3. Snorkel
4. Buoy
5. Paddles (see coach for sizing help)
6. Nose clip

Dryland/Other

1. Core
2. Proper Form
3. Attention to detail

Education

1. Diet
2. Taper
3. Social Media
4. Attitudes
5. Academic/ Athletic balance in preparation for college swimming
6. Completion of USA Swimming Athlete Protection Program

Character Development/Life Skills

1. Championship Behavior
2. Self-motivation.
3. Can ignore negative influences
4. Take responsibility for their sport (actions and attendance)
5. Leadership; giving back to the team and the swimming community
6. Work Ethic
7. Time Management
8. Positive Contributor to Team Environment

Senior 3
Ages 14 and up

Entrance Requirements

1. 95% Attendance for both water and dryland
2. Kick 100s @ 1:35sc while maintaining proper technique
3. IM 100s @ 1:20sc while maintaining proper technique
4. Free 100s @ 1:10sc while maintaining proper technique
5. NCSA/ Futures cuts
6. Competes in meets monthly including all Championship meets.
7. Training history of consistently giving best efforts in sets.

Skills Taught/reinforced

1. Concepts of aerobic and anaerobic training
2. Ability to change speed while maintaining stroke efficiency
3. Maintains proper technique under increased training loads.
4. Understands tempo, stroke rate, and stroke count; applies this to race strategies.
5. Willing to make technical changes
6. Continues college search/ college recruitment process.

Equipment Used/Required

1. Kick board
2. Fins
3. Snorkel
4. Buoy
5. Paddles (see coach for sizing help)
6. Nose clip

Dryland/Other

1. Core
2. Proper Form
3. Attention to detail

Education

1. Diet
2. Taper
3. Social Media
4. Attitudes
5. Academic/ Athletic balance in preparation for college swimming
6. Completion of USA Swimming Athlete Protection Program

Character Development/Life Skills

1. Championship Behavior
2. Self-motivation.
3. Can ignore negative influences
4. Take responsibility for their sport (actions and attendance)
5. Leadership; giving back to the team and the swimming community
6. Work Ethic
7. Time Management
8. Positive Contributor to Team Environment