

## Age Group Rosters

*The Bolles School Sharks practice groups fit the needs of swimmers of all ages and ability levels. Please keep in mind that age ranges are not absolute. Sometimes an older swimmer who is new to the sport may have to start with a group that is predominantly younger. Occasionally a very advanced younger swimmer may be moved into a group of older athletes. These group descriptions are provided to give you a sense of our team's construction and the progression your child is likely to follow as he/she moves through our program.*

### **Age Group Program (8th grade and younger)**

**Makos** - This group is composed of the youngest competitive swimmers in the Bolles Sharks program. The main emphasis of this group is teaching the fundamentals of the competitive strokes. This consists of kicking, drilling, and the development of the skills necessary for competitive swimming.

**Tigers** - All swimmers within this group must be able to successfully swim each of the four competitive strokes in a legal manner as deemed by USA swimming, Inc. rules. Further, sharpening of competitive strokes through drills and kicking will be emphasized. Starts, turns, and mental skills for training for the next level will also be emphasized.

**Hammerheads** - This group is the level in which swimmers move from primary stroke and technique instruction to more emphasis on training. Drill work and kicking will continue to make up a large portion of this group; however, swimming sets will be added. At this level, goal setting will be introduced, and swimmers will be expected to be more accountable for their progress in swimming. Consistent practice attendance is necessary for continued improvement and advancement to the next group.

**Great White** - Great White Sharks take on a much more rigorous training load than the Hammerhead Sharks while continuing to build upon the skills acquired at the Hammerhead level. Practice times are longer in conjunction with higher yardage requirements. Besides the increase in physical demands required, the swimmers will be expected to understand interval training and will learn how to train at different levels and speeds. There will also be a greater emphasis on race strategies. The Great White Sharks represent the final step of the Bolles School Sharks Age Group Program.

***If you have questions regarding the training aspect of your swimmers experience it is best that you contact their assigned group's coach directly.***

***\*Please note that all High School age swimmers automatically qualify for the Senior Program.***