

## TRAINING GROUP STRUCTURE

### Dynamo Swim Club Group Placement Philosophy and FAQs

There are multiple factors that influence an athlete's group placement. Some of these can easily be explained or quantified, while others may be influenced by coaching instinct or experience. Clearly communicating our philosophy for group placement will enable a better appreciation of the decisions that determine group placement.

First, an athlete's group placement only indicates a floor, not a ceiling! Each group has minimum guidelines for placement (the floor) but does not have a limit on any swimmer's achievements (the ceiling). Swimmers in GREEN groups are sometimes faster than GOLD group swimmers. Overlap always exists.

Group placement in NO WAY communicates a coach's belief about a swimmer's future success or value. Upward group movement is not meant to be a reward, but rather a next step in development. Our Coaching Staff views all swimmers as outstanding young people, and we disagree with status labels that can sometimes be attached to groups. Some of Dynamo's best swimmers spent considerable time in GREEN groups gaining the experience that would make them successful in our highest-level training groups when they got older.

We like to look at an athlete's full portfolio when considering group placement. Some of these important factors driving group placement are the following:

- Training ability and technique (Does your swimmer practice at the same level he/she races, make the technical changes asked by the coach?)
- Leadership (Are the swimmer's actions positively influencing others in the group?)
- Commitment (Practice attendance, meet participation, priority of the sport)
- Maturity (Chronological age, physiological age, ability to deal with change, and emotional development)
- Meet results (as these translate to meet qualifications and training needs)
- Dryland (physical literacy)
- Group size (number of swimmers per group without compromising ideal swimmer to coach ratios)

When do Group Moves happen?

- AUGUST – August is typically our largest group move as it correlates with starting a new grade

- DECEMBER –December is typically a corrective move as most groups are nearing the peak of their training cycles making it a hard time to transition.
- APRIL - April is for seasonal progress or those with summer birthdays

Dynamo recognizes that group moves change family routines. They often change schedules, carpools, team dues, coaches, and expectations. Because of this, we hope the above information will give you a good idea as to when your swimmer will move groups based on an age change, and that we will let you know as far in advance as possible about an in-age group move.

The following information is given to help swimmers and parents have a general understanding of some of the factors our coaches take into consideration when making group placement decisions. This is not a checklist, NOR required criteria.

#### **IMPORTANT NOTES:**

- These are guidelines that the coaching staff uses in structuring the Age Group and Senior swimming programs. ***ALL group placements are done at the coaching staff's discretion.***
- The Dynamo Swim Club training group structure is designed for every athlete's LONG-TERM development.
- As a rule of thumb, the more you attend practice, the more benefit and enjoyment the athlete will receive.
- When looking to move up, each athlete should look at being placed in the middle of the next group rather than achieving the minimum standards. We want athletes to thrive in their new group, not just survive.

### **AGE GROUP 3 DIVISION**

#### ***Age Group 3 Green (AG3G)***

Ages: 10 & under

Grades: Typically, athletes in 3<sup>rd</sup> & 4<sup>th</sup> grade

Attendance Expectations: Athletes are encouraged to attend 2-3 practices per week, and may attend a maximum of 3 practices per week

Competition Expectations: Athletes should attend Dynamo hosted meets with their coach's guidance and/or approval

### Practice Habits:

- Athletes show coachability and focus
- Must understand ready position and proper streamlining
- Must be able to read pace clock to leave :05 or :10 apart
- Must understand circle swimming
- Must have the endurance to complete a 60-minute structured practice

### Technical Requirements:

- All technical requirements are at the discretion of the coaching staff

### Performance Requirements:

- There are no performance requirements for AG3 Green

Group Emphasis: AG3 Green continues to develop stroke and technique work like Dynamo Juniors, as well as introduces training skills. Swimmers will be introduced to the concepts of reading a written practice and using a pace clock. The focus of this group will be on increasing efficiency in freestyle and backstroke. This group will also learn the fundamentals of breaststroke and butterfly and become proficient in these strokes. There will be a large emphasis on developing a strong and consistent kick for all four strokes. Swimmers will receive basic instruction for racing starts and turns. There will be a daily dryland component designed to increase the physical literacy of each athlete. Practices will be educational, and swimmers will have fun! When leaving this group swimmers will typically move to AG 2 Green or AG3 Gold.

### ***Age Group 3 Gold (AG3D)***

Ages: 9-10 years old (8-year-old must have approval of Head Age Group Coach)

Grades: Typically, athletes in 3<sup>rd</sup> & 4<sup>th</sup> grade

Attendance Expectations: Typically, 6 practice options will be offered throughout the week, and swimmers should attend a minimum of 4.

Competition Expectations: AG3 Gold swimmers will be expected to compete in Dynamo hosted meets. Some athletes may attend local invitationals with their coach's guidance and/or approval. In addition, any swimmer who qualifies for the Georgia Age Group Swimming Championship meet is expected to compete for the team.

### Practice Habits:

- Athletes show coachability and focus

- Must understand ready position and proper streamlining
- Must understand the basics of pace clock and intervals
- Must understand good lane etiquette
- Must have the endurance to complete a 75-minute structured practice

Technical Requirements:

- All technical requirements are at the discretion of the coaching staff

Practice Performance Requirements:

- All practice performance requirements are at the discretion of the coaching staff

Meet Performance Requirements:

- Must have competed in all four (4) strokes in a meet
- Must have competed in a 100 IM in a meet under 1:45 and a 100 Free under 1:30
- Will be expected to compete in 200 IM, 200 free, 100 fly, 100 back, 100 breast events at meets

Group Emphasis: Swimmers will continue the development of proper stroke mechanics for all strokes, as well as starts and turns. There will be an introduction to higher levels of competition. There will continue to be a daily dryland component designed to increase the physical literacy of each athlete. There will continue to be a large emphasis on developing a strong and consistent kick for all four strokes, as well as beginning to incorporate the underwater dolphin kick. Swimmers will learn the basics of training. When leaving this group swimmers will typically move to AG2 Green or AG2 Gold.

## AGE GROUP 2 DIVISION

***Age Group 2 Green (AG2G)***

Ages: 10-12 years old

Grades: Typically, athletes in 5<sup>th</sup> & 6<sup>th</sup> grade

Attendance Expectations: Typically, 6 practice options will be offered throughout the week, and swimmers should attend a minimum of 4.

Competition Expectations: AG2 Green swimmers will be expected to compete in Dynamo hosted meets. Some athletes may attend local invitationals with their coach's guidance and/or

approval. In addition, any swimmer who qualifies for the Georgia Age Group Swimming Championship meet is expected to compete for the team.

Practice Habits:

- Athletes show coachability and focus
- Must understand ready position and proper streamlining
- Must understand the basics of pace clock and intervals
- Must understand good lane etiquette
- Must have the endurance to complete a 75-minute structured practice
- Understands Dynamo core values

Technical Requirements:

- All technical requirements are at the discretion of the coaching staff

Practice Performance Requirements:

- All practice performance requirements are at the discretion of the coaching staff

Meet Performance Requirements:

- For new swimmers to the program: must have extensive summer league experience
- For athletes already within the program
  - Must have competed in all four (4) strokes in a meet
  - Must have competed in a 100 IM in a meet
  - Will be expected to compete in 200 IM, 200 free, 100 fly, 100 back, 100 breast events at meets

Group Emphasis: Swimmers will continue the development of proper stroke mechanics for all strokes, as well as starts and turns. There will be an introduction to higher levels of competition. There will continue to be a daily dryland component designed to increase the physical literacy of each athlete. There will continue to be a large emphasis on developing a strong and consistent kick for all four strokes, as well as beginning to incorporate the underwater dolphin kick. Swimmers will learn the basics of training. When leaving this group swimmers will typically move to AG2 Gold or AG1 Green.

***Age Group 2 Gold (AG2D)***

Ages: 10-12 years old

Grades: Typically, athletes in 5<sup>th</sup> & 6<sup>th</sup> grade

Attendance Expectations: Typically, 6 practice options will be offered throughout the week, and swimmers should attend a minimum of 4 per week, and at least 5 per week if looking for a move to AG1 Gold in near future.

Competition Expectations: AG2 Gold swimmers will be expected to compete in Dynamo hosted and local invitationals, as well as travel meets for elite competition. Any swimmer who qualifies for the Georgia Age Group Swimming Championship meet is expected to compete for the team. In addition, swimmers will be encouraged to qualify and compete at Southern Premier, as well as the Southern Zone Championships.

Practice Habits:

- Athletes show maturity, coachability, focus, and consistent effort
- Know basic intervals and be able to know their time on interval
- Practice good lane etiquette
- Must have the endurance to complete a 90-minute structured practice
- Show leadership skills and understand Dynamo core values

Technical Requirements:

- All technical requirements are at the discretion of the coaching staff

Practice Performance Requirements:

- All practice performance requirements are at the discretion of the coaching staff

Meet Performance Requirements:

- Must have three 11-12 NAG BB times in at least two different strokes.
- Athletes will be expected to have an USA Swimming IMX score

Group Emphasis: This group will emphasize more advanced stroke technique for all strokes, including refined starts and turns. The underwater dolphin kick will begin to be mastered. Goal setting and mental training will also be introduced. All previous instruction will be continued and advanced. Dryland will become a more integral part of training with three dedicated sessions per week. Swimmers will learn to train, as well as be expected to compete in all events offered in their age group. When leaving this group swimmers will typically move to AG1 Gold or AG1 Green.

## AGE GROUP 1 DIVISION

### *Age Group 1 Green (AG1G)*

Ages: 12-14 years old

Grades: Typically, athletes are in 7<sup>th</sup> & 8<sup>th</sup> grade

Attendance Expectations: Typically, 6 practice options will be offered throughout the week, and swimmers should attend a minimum of 4.

Competition Expectations: AG1 Green swimmers will be expected to compete in Dynamo hosted meets. Some athletes may attend local invitationals with their coach's guidance and/or approval. In addition, any swimmer who qualifies for the Georgia Age Group Swimming Championship meet is expected to compete for the team.

Practice Habits:

- Athletes show coachability and focus
- Must understand ready position and proper streamlining
- Must understand the use of pace clock and intervals
- Must understand good lane etiquette
- Must have the endurance to complete a 90-minute structured practice
- Understands Dynamo core values

Technical Requirements:

- All technical requirements are at the discretion of the coaching staff

Practice Performance Requirements:

- All practice performance requirements are at the discretion of the coaching staff

Meet Performance Requirements:

- For new swimmers to the program: must have extensive summer league experience
- For athletes already within the program
  - Must have competed in all four (4) strokes in a meet
  - Must have competed in a 200 IM in a meet
  - Will be expected to compete in all events available to their age group

Group Emphasis: Swimmers will continue the development of proper stroke mechanics for all strokes, as well as starts and turns. There will continue to be a large emphasis on developing a strong and consistent kick for all four strokes. Swimmers will incorporate the underwater dolphin kick. All previous instruction will be continued and advanced. Dryland will become a more integral part of training with three dedicated sessions per week. Swimmers will learn to

train, as well as be expected to compete in all events offered in their age group. When leaving this group swimmers will typically move to AG1 Gold or Senior 3.

### ***Age Group 1 Gold (AG1D)***

Ages: 12-14 years old

Grades: Typically, athletes are in 7<sup>th</sup> & 8<sup>th</sup> grade

Attendance Expectations: Typically, 6 practice options will be offered throughout the week, and swimmers are expected to attend a minimum of 5 per week, and all 6 per week if looking for a move to SR2 in near future.

Competition Expectations: AG1 Gold swimmers will be expected to compete in Dynamo hosted and local invitationals, as well as travel meets for elite competition. Any swimmer who qualifies for the Georgia Swimming Age Group Championships is expected to compete for the team. In addition, swimmers will be encouraged to qualify and compete in the Southern Premier and Southern Zone Championships, or even higher levels of competition.

#### Practice Habits:

- Athletes show maturity, coachability, focus, and consistent effort
- Know intervals and be able to know their time on interval
- Understand and support a growth mindset
- Athletes begin to take ownership of swimming
- Must have the endurance to complete a 120-minute structured practice
- Show leadership skills and demonstrate Dynamo core values

#### Technical Requirements:

- All technical requirements are at the discretion of the coaching staff

#### Practice Performance Requirements: (initial standards)

- All practice performance requirements are at the discretion of the coaching staff

#### Meet Performance Requirements:

- Must have two 13-14 NAG A standards, as well as two 13-14 NAG BB standards (all in different events)
- Athletes will be expected to have an USA Swimming IMX score



Group Emphasis: This group will begin to master technique in all four strokes. They will also begin to master the underwater dolphin kick. Swimmers will train to train, learning about energy systems and corresponding heart rate work. Swimmers will begin to work more with race strategy. Dryland takes on a greater importance to the athlete and will be emphasized with three dedicated sessions per week. Athletes will be expected to compete in all events offered in their age group and will be prepared for a successful transition into elite level senior swimming. When leaving this group swimmers will typically move to Senior 2 or Senior 3.

## **SENIOR DIVISION**

### ***Senior 3 (SR3)***

Typical Age: 14-18 years old

Typical Grade: 9<sup>th</sup> to 12<sup>th</sup> grade

#### Attendance Expectations:

Typically, 7 practice options will be offered throughout the week, and swimmers should attend a minimum of 4. The more the athlete attends, the more improvement they will see. We believe attendance should increase as an athlete matures. For athletes looking to progress to SR2, there will be a minimum expectation of 85% practice attendance on a weekly basis, including morning workouts and/or doubles.

#### Competition Expectations:

SR3 swimmers will be expected to compete in Dynamo hosted and local invitationals, as well as appropriate travel meets. Any swimmer who qualifies for the Georgia Swimming Age Group State or Senior State Championships is expected to compete for the team. In addition, swimmers will be encouraged to qualify and compete in the Southern Zone Championships and/or Speedo Sectionals.

#### Practice Habits:

- Athletes understand and support the Dynamo Swim Club mission, vision, and core values
- Athletes strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Athletes show maturity, coachability, focus, and consistent effort
- Athletes understand and support a growth mindset
- Athletes begin to take ownership of their swimming
- Utilize time management skills to keep their lives in balance
- Are optimistic about their potential and ability to get better
- Understand the importance of consistency

#### Technical Requirements:

- All technical requirements will be at the discretion of the coaching staff

### Performance Requirements:

- All performance requirements will be at the discretion of the coaching staff

### Group Emphasis:

The goal of Senior 3 is to introduce swimmers to a training group environment where individual goals differ, but everyone strives to reach their own highest swimming potential. This group will work to master technique in all four strokes, as well as emphasize the underwater dolphin kick. Training methodology and heart rate work will be learned in this group. Swimmers will begin to work more with their coaches on race strategy. Dryland takes on a greater importance to the athlete and will be emphasized with 3-4 dedicated sessions per week. Swimmers will be prepared for a successful transition into elite level senior swimming.

### ***Senior 2 (SR2)***

Typical Age: 14-18 years old

Typical Grade: 9<sup>th</sup> to 12<sup>th</sup> grade

### Attendance Expectations:

There will be an expectation of 85% weekly practice attendance; however, the more the athlete attends, the more improvement they will see. We feel attendance should increase as an athlete matures. For athletes looking to progress to SR1, there will be a minimum expectation of 90% practice attendance on a weekly basis, including morning workouts and/or doubles.

### Competition Expectations:

SR2 swimmers will be expected to compete in Dynamo hosted and local invitationals, as well as travel meets for elite competition. Any swimmer who qualifies for the Georgia Swimming Age Group or Senior Championships is expected to compete for the team. In addition, swimmers will be encouraged to qualify and compete in the Southern Zone Championships, Sectionals, Futures, or even higher levels of competition.

### Practice Habits:

- Understand and support the Dynamo Swim Club mission, vision, and core values
- Strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Understand and support a growth mindset
- Are empowered to take ownership of their swimming
- Use their athletic goals to maintain intensity and focus in practice
- Utilize time management skills to keep their lives in balance
- Understand their position as leaders/role models and the impact of their behaviors on the team and in public setting
- Are optimistic about their potential and ability to get better
- Strive for consistency

Technical Requirements:

- All technical requirements will be at the discretion of the coaching staff

Performance Requirements:

- Multiple Senior State standards or a full line-up 13-14 Age Group State standards (if progressing from the age group program)

Group Emphasis:

The group is primarily designed with the intention of allowing the athlete to reach their full potential. SR2 is intended to provide both a stepping stone for athletes intending to be successful in SR1 (national competition development), as well as provide a demanding and comprehensive training program for those athletes who cannot meet the attendance, and/or training requirement, and/or do not have the time standards to be a part of the SR1 group. The athlete in SR2 has a strong desire to improve, is looking to compete at a higher level than they are currently at and is committed to doing so.

***Senior 1 (SR1)***

Typical Age: 15-18 years old

Typical Grade: 10<sup>th</sup> to 12<sup>th</sup> grade

Attendance Expectations:

There will be an expectation of 95% practice attendance on a weekly basis, including morning workouts and/or doubles.

Competition Expectations:

SR1 swimmers will be expected to compete in Dynamo hosted and local invitationals, as well as travel meets for elite competition. Swimmers will be expected to qualify and compete in Sectionals, Futures, Junior Nationals, Nationals, and Olympic Trials.

Practice Habits:

- Understand and support the Dynamo Swim Club mission, vision, and core values
- Strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Understand and support a growth mindset
- Take ownership of their swimming
- Use their athletic goals to maintain intensity and focus in practice
- Utilize time management skills to keep their lives in balance and their training protected
- Understand their position as leaders/role models and the impact of their behaviors on the team and in public setting
- Are optimistic about their potential and ability to get better
- Practice mind-numbing consistency

Technical Requirements:

- All technical requirements will be at the discretion of the coaching staff

Performance Requirements:

- Athletes must have a USA Swimming Futures standards, or be a multiple event and stroke qualifier for the Speedo Sectionals
- Athletes must have an extensive training background
- All other performance requirements will be at the coaching staff's discretion

Group Emphasis:

SR1 is designed with the intention of providing the curriculum and atmosphere necessary for success at all levels of national competition. Athletes that meet the criteria will be invited into the group but not all athletes will choose to be in the group. The SR1 athlete has a strong desire to improve, is looking to compete at a higher level than they are currently at, is thoroughly committed, and has a recent, proven track record of consistency. This group will be rigorous, challenging, and is only for the most committed athlete.