



COMPETITIVE GROUP STRUCTURE

ShAC offers 3 competitive program levels designed to meet the individual success of every swimmer. Athletes in these groups are divided based on multiple factors such as maturity, training ability, attendance, and meet performance. Exceptions to every group are completely at the discretion of the coach. Changes in practice times and cancellations will be sent via email or calendar.

ShAC Program: Two developmental groups that range from novice to intermediate swimmer. Groups advance from either the ShAC learn-to-swim program or by evaluation.

ShAC 2 – Introductory entry level group

- Ages – 8 and under
- Practices offered– 4:15-5:00 p.m. Monday-Friday; 10:30-11:30 a.m. Saturday
- Prerequisite – Uninterrupted swimming of 25 yard freestyle & backstroke, must have breaststroke kick proficiency
- For swimmers not proficient in breaststroke and butterfly, one lesson per week is recommended. Inquire at front desk.
- Focuses on refinement of freestyle and backstroke; butterfly and breaststroke skills are developed.
- Meet attendance encouraged but not required
- Equipment required – kickboard, short blade fins, pull buoy, mesh bag, goggles

ShAC 3 – Developmental group to refine stroke technique

- Ages – 12 and under
- Practices offered – 5:00-6:00 p.m. Monday-Friday; 10:30-11:30 a.m. Saturday
- Recommended 3-4 practices/week to see steady improvement
- Prerequisite: 50 yard freestyle & backstroke; knowledge of butterfly and breaststroke; completion of IM
- Focuses on all four strokes, starts, turns, finishes, knowledge of sets, building endurance
- Meet attendance strongly encouraged but not required
- Equipment required – same as ShAC 2 + snorkel, paddles (Strokemaker .5 or Finis 1 dot)

Junior Program: Three groups of age group swimmers that advance from ShAC 3 or are placed by evaluation.

Junior 1 – Age group with development in competitive swimming

- Ages – 9 to 13
- Practices offered – 6:00-7:30 p.m. Monday-Friday; 8:30-10:30 a.m. Saturday
- Recommended 3-4 practices/week to see steady improvement
- Prerequisite: Must be legal in all 4 strokes; Willingness to swim competitively in 200 IM, 100/200 of all strokes, 500 freestyle
- Focuses on racing legally in every distance and stroke in both SC and LC. Introduction to dry land. Develop endurance for longer training sets with emphasis on aerobic conditioning, kicking, and refining racing skills.
- Meet attendance strongly encouraged but not required
- Equipment required – same as Shac 3

Junior 2 – Advanced level age group with emphasis in competitive swimming

- Ages – 12 to 14
- Practices offered – 6:00-7:30 p.m. Monday-Friday; 8:30-10:30 a.m. Saturday
- 80% practice attendance required
- Prerequisite: Racing history in most every stroke & distance; Demonstrated commitment from swimmer & parents; Typically has BB+ times; Coach's approval
- Focuses on endurance with longer and more intensive sets. Stronger emphasis on aerobic and anaerobic conditioning; Develop more advanced racing skills; Dryland 4-5/week
- Goals of attaining GAG, TAGS time standards, finals in prelim/finals meets
- Committed to attending meets
- Equipment required – same as Junior 1; paddles (strokemaker 1/Finis 2 dot)

Junior 3 – Higher level age group with encouragement in competitive swimming

- Ages – 13 and up
- Practices offered – 6:00-7:30 p.m. Monday-Friday; 8:30-10:30 a.m. Saturday
- Recommended 4-5 practices/week to see steady improvement
- Prerequisite: Legal in all 4 strokes; Swimmers display higher level of commitment to stroke refinement
- Focuses on developing endurance in both aerobic and anaerobic conditioning, kicking, and refining racing skills; Dryland 4-5/week
- Meet attendance strongly encouraged but not required
- Equipment required – same as Junior 2

Senior Program: Two groups of advanced/elite level swimmers that advance from ShAC Junior or by evaluation. Groups determined by constant evaluation as well as the individual needs of the athlete. Athletes in these groups are divided based on multiple factors such as maturity, training ability, attendance, and meet performance. Individual swimmer's group placement is at coach's discretion.

Senior 1 – Advanced level high performance group

- Ages – 13 and up
- Practices – 4:00 to 7:00 p.m. Monday-Friday; 7:00-10:00 a.m. Saturday; occasional doubles
- Practice attendance required: 70% during SC, 80% during LC
- Prerequisite: Highest level of commitment from swimmer & parents prior to Senior Nat; typically AA times; Coach's approval
- Focuses: Development of high level swimming; Dryland daily
- Goals – Attaining sectional standards
- Compete in every available event and meet in both SC and LC seasons
- Equipment required – same as Junior 2

Senior National – Advanced to elite level high performance group

- Ages – 13 and up
- Practices – 4:00 to 7:00 p.m. Monday-Friday; 7:00-10:00 a.m. Saturday; 5:30-7:00 a.m. Tuesday & Thursday
- Practice attendance required: 70% during SC, 80% during LC
- Prerequisite: Commitment without exception from swimmer & parents; Sectional cuts for 15 and over; Coach's approval
- Focuses: Development of high level swimming; Dryland daily
- Goals of continuing swimming career in college, Qualify/final at national level competition
- Compete in every available event and meet in both SC and LC seasons
- Equipment required – same as Junior 2; paddles (strokemaker 1 or 2/Finis 2 or 3 dot), Size 45 resistance Aqua Sox

As members of ShAC's competitive team, these athletes are given the opportunity to participate in USA Swimming meets, camps, select teams, and clinics, as well as all of the membership functions within ShAC. Being a member and being on the competitive team means that the swimmer and their families will have to abide by the membership rules and volunteer to help with team events.