MACR Sharks Practice Group Flowchart for YMCA / USA Swim Programs

JR White (6-10 Yrs.)

Entry Level Developmental Group where the focus is placed on ensuring athletes are having fun, forming strong team bonds. developing strong fundamental skills in all four strokes, building a great kicking foundation and learning the basics of strong racing skills.

Must be able to complete 25Y with basic rotary breathing and 25Y backstroke.

Recommended practices per week: 2-3



Blue JR 1 (8-11 Yrs.)

Entry Level Competitive Group aimed at developing a strong aerobic foundation and advanced technical skills. An emphasis on fun and teamwork to continue to help swimmers develop a long term love for the sport.

Must be able to complete 50Y freestyle repeats and be familiar with breaststroke & butterfly stroke technique.

Recommended practices per week: 2-3



Blue JR 2 (11-13 Yrs.)

Competitive training group with training centered around strong technical skills, starts, turns and underwater work. Increased distance and intensity training to help swimmers achieve higher level of fitness.

Must be able to complete 50Y freestyle repeats and be familiar with breaststroke & butterfly stroke technique.

Recommended practices per week: 4-5



Blue SR (13-21 Yrs.)

Competitive training group focused on increasing aerobic capacity and maintaining strong technical skills. Increased underwater work and a knowledge of nutrition, goal setting, race strategies and mental preparation.

Must be able to complete 100Y repeats and have a legal time in the Individual Medley, and be familiar with breaststroke & butterfly stroke technique.

Recommended practices per week: 4-5



MACRSH RKS

For Full Practice Squad Descriptions go to our website

www.sharksswimming.org and click on the Training Groups Tab.

Black JR 1 (9-11 Yrs.)

A junior elite group with an emphasis on fun and teamwork to help swimmers maintain their love for the sport. Swimmers will master technical skill in all four strokes, starts, turns, and underwater work. Introduction to goal setting and nutrition. Dryland participation.

Legal O Time in at least two YMCA/USA State events. Legal time in all four strokes/IM

Recommended practices per week: 4-5



Black JR 2 (11-13 Yrs.)

An elite group designed to prepare swimmers for state and regional levels of competition. This group focuses on the skills, both in and out of the water to help swimmers reach success.

Legal Q Time in at least two YMCA/USA State events. Legal time in all four strokes/IM. Willing to compete in minimum # of meets and relays. Dryland participation.

Recommended practices per week: 5

Legal Q Time in at least two YMCA/USA State events. Legal time in all four strokes/IM. Willing to compete in minimum # of meets

and relays. Dryland participation.

Black SR (13-21 Yrs.)

An elite group designed to prepare

swimmers for state and regional

levels of competition. This group

focuses on the skills, both in and

out of the water to help swimmers

reach success at high level meets.

Recommended practices per week: 5+



