

10 & Under Group (Gold Group): The Gold Group comprises swimmers aged 10 years and younger by the end of the season (January 15 and June 15). Practices will primarily focus on technique, gradually incorporating endurance work. Swimmers will develop a passion for racing and learn to cheer for their teammates.

Practice Recommendation: We recommend swimmers attend at least three practices per week to see improvement. There are no mandatory practice requirements.

Coaches: Sammy Jo Mahler, Nina Arce and Patrick Costello

11-12 Group (Copper): The 11-12 Group includes swimmers aged 11 or 12 years by the end of the season (January 15 and June 15). Practices will balance proper stroke mechanics with building a foundation for endurance training, preparing swimmers for competitive racing in meets. Achieving milestones and setting ambitious goals are essential for young athletes aspiring to excel in competitive swimming. These benchmarks reflect dedication and pave the way for greater opportunities and recognition. Swimmers will learn proper breathing techniques for all four strokes and the basics of race strategies.

Practice Recommendation: We recommend swimmers attend three to four swim practices and one dryland practice per week to see improvement. There are no mandatory practice requirements.

Coaches: Jacob Weber, Matt Ozimek, Lena Leromina and Jeff Arce

13-14 Group (Titanium): The 13-14 Group consists of swimmers aged 13 or 14 years by the end of the season (January 15 and June 15) who are not in high school or entering high school in the fall (Long Course Season). Swimmers will continue to build their endurance base and discover new training thresholds. Goal setting will be introduced, and a season plan will be implemented to achieve these goals. Swimmers will continue to refine their breathing techniques and work on expanding their lung capacity.

Practice Recommendation: We recommend swimmers attend four to five swim practices and one to two dryland practices per week to maximize their progress. There are no mandatory practice requirements.

Coaches: Jeff Arce, Sammy Jo Mahler and Jacob Weber

Senior 1 Group: The Senior 1 Group includes swimmers who are in high school or older and have not met the National Group requirements (listed below). The focus is on continued development of proper technique, advanced race strategy, and goal setting. This group has an intense dryland program to promote increased strength, body awareness, and balance.

Practice Recommendation: We recommend swimmers attend four to five swim practices and one to two dryland practices per week to achieve the most from the season. There are no mandatory practice requirements.

Coaches: Ryan Smith and Calvin Yoon

Senior 2 Group: The Senior 2 Group is for senior swimmers participating in a high school sport during the fall or winter who are looking to stay in shape. This group offers five practices per week, focusing on technique and conditioning.

Practice Recommendation: Swimmers are welcome to attend as many or as few of the offered practices as they desire.

Coaches: Calvin Yoon and Stephen Ianuzzi

Platinum Group: The Platinum Group comprises swimmers who are in high school or older and have met the criteria below. This group involves advanced training both in and out of the water, with aggressive goal setting. The bar is set high, and participants are expected to train diligently with a positive and team-oriented attitude. This group sets the example for the entire team.

Practice Recommendation: We recommend swimmers attend five to six swim practices and two to three dryland practices per week to achieve the most from the season.

Group Requirements:

- High school student or entering high school in the fall
- Two or more 14&U Age Group State qualifying times
- One or more Sectional qualifying time
- 85% attendance required

Coaches: Vlad Pyshnenko and Ryan Smith