

Elmwood Sharks Training Group Flow Chart

Effective August 14, 2023

Senior Track	<p><u>Blue (Current blue group)</u></p> <p>14 & Older/High school Consideration: consistent meet & practice attendance record For the committed senior athlete with emphasis on performance and achieving higher level meets</p>	<p><u>Makos (new next year)</u></p> <p>14 & Older/ High School age (some 13yo newer swimmers and 8th grade) For the developing senior level athlete working towards earning LHSA and Sr State Qual times</p>	<p><u>Hammerheads (new next year)</u></p> <p>10-16yo non-competitive group Intended for fitness, recreation, and skill instruction; Prepping for competitive team This group does not attend meets</p>
Age Group Track	<p><u>Tigers (former Sr White)</u></p> <p>11-14yo/5th-8th grade More experienced 11-14 athlete with appropriate skill set; Working toward becoming competitive senior swimmer Consistent meet & practice attendance record strongly encouraged</p>	<p><u>Leopards (former Jr White)</u></p> <p>11-14yo/5th-8th grade For the developing age group swimmer preparing skill set for Tigers & Makos - May have occasional 10yo or more experienced 11yo Consistent meet and practice attendance is encouraged</p>	
10&Under Track	<p><u>Bulls (former Sr Silver)</u></p> <p>8-10 year olds/5th grade & below For the more experienced 10&U athlete with appropriate skill set. Must have knowledge & competency of 3 strokes 1 meet each month is encouraged</p>	<p><u>Reefs (former Jr Silver)</u></p> <p>7-10 year old Introductory group to competitive swimming. Must have knowledge & competency of 2 strokes; 1 meet every other month is suggested</p>	<p><u>Threshers (new next year)</u></p> <p>6-9yo non-competitive group Intended for fitness, recreation, and skill instruction Prepping for competitive team This group does not attend meets</p>