

## **Group Descriptions and Expectations**

### **Novice:**

Our Novice group is intended for beginner swimmers. This group will be a pre-competitive group, meaning the Novice group members will not be required to participate in USA meets, but will have an opportunity to swim a HEAT hosted meet at the end of the season. This group will allow swimmers to be a part of the HEAT team and gain expert coaching and learn value swimming skills. These swimmers will focus solely on stroke technique for all 4 competitive strokes. Swimmers should have passed at least Level IV of ARC swim lessons or equivalent to join.

### **Level 1:**

Level 1 swimmers are generally new to USA Swimming or moving from our Novice program, and need to develop proper stroke technique. These swimmers will focus solely on stroke technique along with learning starts, turns, and finishes. Swimmers should have an understanding of all 4 competitive strokes and at least 1 meet is required for swimmers to move to Level 2.

### **Level 2:**

Level 2 swimmers start to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development. Level 2 group swimmers should be able to swim all 4 strokes legally for at least 25 yards and be able to dive in from the starting blocks.

### **Level 3:**

Level 3 swimmers continue to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development and also begin to learn proper racing strategies. Level 3 group swimmers should have an understanding of how to read the pace clock and handle minimal sendoffs in practice. Swimmers in this group should be swimming all 4 competitive strokes at various distances.

### **Level 4:**

Level 4 swimmers continue to build endurance with continued focus on stroke technique. Swimmers in the Level 4 group are transitioning into the more advanced groups with HEAT. Practices will still focus on stroke improvement. Racing and training will also be developed as well. Understanding how to read the pace clock and calculate practice sendoffs is a must for swimmers in this group.

### **Level 5:**

Level 5 swimmers will start to learn racing strategies and be introduced into more endurance training. Swimmers in Level 5 should be making more of commitment to swimming by setting goals and knowing what it will take to accomplish them. Swimmers should be able to compete and train in all 4 strokes in all distances.

### **Level 6:**

Level 6 is an advanced level age group swimmer. This group is comprised of mostly but not limited to swimmers 11-14 year olds. Practices are designed for more intense training but still with focus on stroke development and learning racing strategies. Level 6 swimmers should have a major commitment to swimming, and HEAT, and have clearly establish goals.

### **National Age Group:**

This group will be by invitation only by the Head Coach for swimmers that have USA Sectional cuts or faster, or approved by the coaching staff. Swimmers in this group will be swimmers that are not in High School. Swimmers that participate in this group will be **REQUIRED to attend at least 7 practices a week including dryland and weights.** Swimmers in this group will also participate in specified USA meets with events being selected by the coaching staff. This group is a privilege and designed for swimmers that are serious and committed to the growth and development of their swimming careers. If a swimmer fails to meet the practice/meet requirements they will be removed from the National group. The National group will be provided with HEAT National team gear and will be committed to the group for 1 year, during the Short Course and Long Course seasons. Swimmers in this group should have set and establish clear goals and set up a goal meeting with the coaching staff.

### **High School 1:**

This group will be by invitation only by the Head Coach. Swimmers that participate in this group will be **REQUIRED to attend at least 5 practices a week including dryland and weights.** Swimmers in this group will also participate in specified USA meets with events being selected by the coaching staff. This group is a privilege and designed for swimmers that are serious and committed to the growth and development of their swimming careers. Swimmers in this group should set and establish clear goals and set up a goal meeting with the coaching staff. HS 1 swimmers should be HS district meet level qualifiers or equivalent. Swimmers in this group are either in HS or entering HS this fall.

### **High School 2:**

This group is designed for less serious swimmers that are in High School or going into high school in the fall. Swimmers in this group should try to attend at least 3-4 practices a week to continue to work on techniques and endurance skills to help advance their swimming.

### **National Group:**

This group will be by invitation only by the Head Coach, for swimmers that have USA Sectional cuts or faster, or approved by the coaching staff. Swimmers that participate in this group will be **REQUIRED to attend at least 7 practices a week including dryland and weights.** Swimmers in this group will also participate in specified USA meets with events being selected by the coaching staff. This group is a privilege and designed for swimmers that are serious and committed to the growth and development of their swimming careers. If a swimmer fails to meet the practice/meet requirements they will be removed from the National group. The National group will be provided with HEAT National team gear to be worn at meets. Swimmers in this group should set and establish clear goals and schedule a goal meeting with the coaching staff.

### **HEAT AMSA Team Group (Summer only)**

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HEAT is a part of the AMSA Summer recreation league and will offer practice for swimmers that would like to participate in this program. All HEAT swimmers have the option to attend weekly dual meets and the AMSA League Championship Meet at the end of the season. New HEAT swimmers will need to purchase a seasonal USA membership in order to participate. This is a great way to be a part of the HEAT family, but without a larger commitment. The HEAT AMSA Team will work on basic skills for all 4 competitive strokes and focus on a competitive, but fun atmosphere. There will be a Bubbler, Beginner, Intermediate, and Advanced groups. Most practices will be held at Life Center Plus in Hudson. The season begins May 29<sup>th</sup> and will run through the AMSA Championship meet on July 14th.

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