

Suburban Swim Groups

Pre - Team

Our Pre-Team acts as a bridge between swim lessons and our Mini Team. Swimmers should be able to swim 25 yards or freestyle with rotary/side breathing and 25 yards backstroke unassisted. All Pre-Team swimmers have to register for USA Swimming and are eligible to swim in age and ability appropriate meets. The age range is 5-8 years old. Swimmers older than 8 who are looking to join the competitive swim team and do not meet the above requirements would benefit from private lessons from one of our instructors.

Mini Team

The fundamental skills for participation in this group begins with the knowledge and ability to execute the 4 competitive swimming strokes. An SSC Mini Team swimmer must have the ability to swim (continuously) 25 yards of freestyle with rotary/side breathing, 25 yards of backstroke, 25 yards of rudimentary butterfly, 25 yards of rudimentary breaststroke, flutter and dolphin kick with a board. Some prior knowledge of diving off the blocks is required. The swimmer must have the ability to function and behave appropriately in a large group setting and follow directions from the coaching staff.

The Mini Team places a heavy emphasis on legal stroke mechanics, kick, starts, finishes and turns. Mini Team swimmers have to register for USA Swimming and are eligible to swim in age and ability appropriate meets. The age range is 6-9 years old. Swimmers older than 9 who are looking to join the competitive swim team and do not meet the above Mini Team requirements would benefit from private lessons from one of our instructors to better prepare them for the technical requirements of this group. Swimmers are usually in this group 1-2 years but can exceed this time if age appropriate.

Developmental

The skills for entry into this group include all the skills mentioned for the Mini Team and the ability to legally swim 50 yards of freestyle, back, breast and butterfly. This group continues to place emphasis on legal stroke mechanics, starts, turns, stroke drills and an introduction to swimming "sets". Swimmers will learn to read the clock, swimming etiquette, more advanced turns, stroke drills. Swimmers must be able to behave in a large group setting and have age appropriate listening skills

All Developmental swimmers have to register for USA Swimming and are eligible to swim in age and ability appropriate meets. Average age for this group is 8-10 years old. Swimmers are usually in this group 1-2 years.

Developmental Plus

The skills for entry into this group include all the skills mentioned for the Developmental group and additionally the ability to legally swim 50 yards of freestyle, back, breast,

butterfly, 100 IM and 100 free with legal strokes, turns, transitions and finishes. SSC likes to see these swimmers with 50 free, 50 back, 50 breast, 50 fly and 100 IM times in the USA Swimming times database Swimmers should have a working knowledge and ability to execute stroke drills, kick with and without a board, starts, swimming “sets”, reading the clock, and circle swimming. This group continues to place emphasis on technical stroke drills, legal stroke mechanics, starts, turns, and introduces a basic physical training component.

All Developmental Plus swimmers have to register for USA Swimming and should have an eagerness to swim in meets. Average age for this group is 8-10 years old. Swimmers who are above the average age and do not meet the group specific skills would benefit from private lessons for continued growth. Swimmers who are within the age range and do not meet the group specific skill parameters would benefit from continued development thru remaining in the Developmental group and additional instruction thru private lessons. Swimmers are usually in this group 1-2 years but can exceed this time if age appropriate.

Bronze

Skills necessary for entry begin with the all requirements for the previous group levels (Pre-Team, Mini Team, Developmental and Developmental Plus). The swimmer should also display the ability to legally swim 100 freestyle, 100 backstroke, 100 breaststroke, 50 butterfly and 100 IM. Previous competitive swimming experiences either with SSC or another USA Swimming Club recommended with times in 50 free, 100 free, 50 back, 100 back, 50 breast, 50 fly and 100 IM times in the USA Swimming times database. Swimmers in this group are expected to be mature enough to practice in a large group environment, take ownership and accountability for practice behavior, practice dedicated attendance, attend meets and own their swimming journey. Swimmers should display respect for teammates and coaches and be able to communicate effectively.

All Bronze swimmers have to register for USA Swimming and should have an eagerness to swim in meets. Average age for this group is 10-13 years old. Swimmers who are above the average age and do not meet the group specific skills would benefit from private lessons for continued growth. Swimmers who are within the age range and do not meet the group specific skill parameters would benefit from continued development thru remaining in the Developmental Plus group and additional instruction thru private lessons. Swimmers are usually in this group 1-3 years.

Senior Silver

Skills necessary for entry begin with the all requirements for the previous group levels (Pre-Team, Mini Team, Developmental, Developmental Plus and Bronze). The swimmer should also display the ability to legally swim 200 freestyle, 200 backstroke, 200 breaststroke, 100 butterfly and 200 IM. Previous competitive swimming experiences either with SSC or another USA Swimming Club recommended with times

in 50 free, 100 free, 200 free, 50 back, 100 back, 50 breast, 100 breast, 50 fly, 100 IM and 200 IM times in the USA Swimming times database. Swimmers in this group are expected to be mature enough to practice in a large group environment, take ownership and accountability for practice behavior, practice attendance, meets and their swimming journey. Swimmers should have a foundation of aerobic conditioning, be able to execute swimming sets 12-30 minutes in length, be able to complete a 1.5-hour training session without injury accommodations or repeatedly stopping or getting out of the pool during sets. Swimmers should display respect for teammates and coaches, display strong character and be able to communicate effectively. A year round commitment, consistent practice attendance and participation in meets is expected.

All Silver swimmers have to register for USA Swimming and should have an eagerness to swim in meets. Average age for this group is 11-13 years old. Swimmers who are above the average age and do not meet the group specific skills would benefit from private lessons for continued growth.

Senior Silver Plus

Skills necessary for entry begin with the all requirements for the previous group levels (Pre-Team, Mini Team, Developmental, Developmental Plus, Bronze, Silver). Swimmers should have a foundation of aerobic conditioning, must have the physical competence to handle increased workload under increased intensity, internal motivation towards improvement, ability to communicate collaboratively with the coaching staff, be able to execute swimming sets 30-60 minutes in length, be able to complete a 2-hour training session without injury accommodations or repeatedly stopping or getting out of the pool during sets. There should be a high level of mastery of details and foundational skills and drills. Swimmers should display respect for teammates, SSC staff and coaches while displaying strong character. A year round commitment, consistent SSC practice attendance and participation in SSC team effort meets is expected.

All Silver Plus swimmers have to register for USA Swimming. Average age for this group is 12-15 years old. Swimmers who are above the average age and do not meet the group specific skills would benefit from private lessons for continued growth.

Senior Fitness

Skills necessary for entry begin with the all requirements for the previous group levels (Pre-Team, Mini Team, Developmental, Developmental Plus, Bronze, Silver). This group is primarily for swimmers who swim in high/middle school and cannot commit to SSC's full training program. Swimmers will be eligible to swim in meets with the understanding of their reduced SSC programming workload. Swimmers should have a foundation of aerobic conditioning, must have the physical competence to handle increased workload under increased intensity, internal motivation towards improvement, ability to communicate collaboratively with the coaching staff, and be able to execute swimming sets 30-60 minutes in length.

All SENIOR FITNESS swimmers have to register for USA Swimming. Average age for this group is 13 and over. The programming for this group is designed to accommodate athletes who may do multiple sports or have other obligations preventing them from fully committing to the SSC upper level training groups.

Senior Gold

Skills necessary for entry begin with the all requirements for the previous group levels (Pre-Team, Mini Team, Developmental, Developmental Plus, Bronze, Silver).

Swimmers should have a foundation of aerobic conditioning, must have the physical competence to handle increased workload under increased intensity, internal motivation towards improvement, ability to communicate collaboratively with the coaching staff, be able to execute swimming sets 30-60 minutes in length, be able to complete a 2-hour training session without injury accommodations or repeatedly stopping or getting out of the pool during sets. There should be a display of high level mastery of details and foundational skills and drills with an understanding of the purpose behind skill and drills. Swimmers should display respect for teammates, facilities, SSC staff and coaches while displaying strong positive character. A year round commitment, consistent SSC practice attendance and participation in SSC team effort meets is expected.

All Sr Gold swimmers have to register for USA Swimming. Average age for this group is 13 and over. This group requires swimmers and parents to have a belief and understanding of the SSC program and training philosophy while maintaining a collaborative coach-athlete-parent relationship, respecting boundaries and the professional knowledge of our coaching staff.

Senior Gold Elite

Skills necessary for entry begin with the all requirements for the previous group levels (Pre-Team, Mini Team, Developmental, Developmental Plus, Bronze, Silver).

Swimmers should have a foundation of aerobic conditioning, must have the physical competence to handle increased workload under increased intensity, internal motivation towards improvement, ability to communicate collaboratively with the coaching staff, be able to execute swimming sets 30-60 minutes in length, be able to complete a 2-3-hour training session without injury accommodations or repeatedly stopping or getting out of the pool during sets. There should be a display of high level mastery of details and foundational skills and drills with an understanding of the purpose behind skill and drills. Swimmers should display respect for teammates, facilities, SSC staff and coaches while displaying strong positive character. A year round commitment, consistent SSC practice attendance and participation in SSC team effort meets is expected.