



Practice Expectations

The beginning levels of competitive swimming at ATOM consist of the following groups: ATOMites (pre team), Purple, White, Black, Blue 2 and Pre Senior 2. Swimmers are placed in groups based on age, skill, experience/endurance, and proficiency. Your swimmer may be recommended for something different than what you were anticipating.

Goals and Objectives for Beginning Levels

The main objective for beginning levels at ATOM is for swimmers to develop the skills needed to progress through the age group and senior programs.

ATOM's goals for beginning levels are the following:

- Swimmers should enjoy swimming and have fun.
- Swimmers should want to come to practice.
- Swimmers should show consistent improvement in their stroke technique.
- Swimmers should experience an environment of discipline where respecting coaches/following directions are expected.
- Swimmers should make friends with teammates and learn what being part of a team is all about.

Note: Stroke technique is the primary focus for these groups. Swimmers with good technique will get faster as they grow and mature.

ATOM Practice Group Descriptions

ATOMites: an introduction to competitive swimming swimmers **6-9 years old**. The focus is on stroke development and beginning to learn what an ATOM swim practice is like! This is a great bridge program between lessons or summer league experience and the year-round ATOM competitive team. Swimmers in this group will have the opportunity to compete in a handful of meets that ATOM hosts during the fall/winter/spring. **This is a seasonal program during the fall, winter and spring months.**

Purple: in this practice group swimmers **ages 7-9** will discover the basic fundamentals, practice habits and skills that will serve them in their swimming development. The primary focus of these practice sessions is to expose children to all four competitive strokes through the use of drills and applying them to strokes. Improving kicking will also be a primary focus in this group. Additionally, swimmers will work to develop basic skills such as balance and coordination in the water. Swimmers entering Purple Group are able to swim all four competitive strokes legally for 50 yards (25+) fly. Swimmers in Purple Group will also explore opportunities to test the application of the skills they learned in a competitive setting. Expected attendance is 2-3 times a week.

White: swimmers **ages 8-10** who are still newer to the sport but have progressed beyond an introduction. They will be encouraged to strive for State as a long-term goal while continuing to build a good foundation of practice habits and stroke technique. In the daily practice setting, swimmers will experience a gradual increase in practice time, conditioning and technique work from the Purple Group. Practices are geared for success in all 4 strokes, competing in 50s and being introduced to the 100s of stroke, 200 free/IM. Expected practice attendance is 3 times a week. All swim meets offered for the White Group are encouraged.

Black: swimmers **ages 8-10** will continue to build on fundamentals while applying them in a competitive setting. They will also be encouraged to strive for State and Southern Premier levels while preparing for long term success. In the daily practice setting swimmers will experience an increase in all aspects of swimming: practice time, conditioning, and technique work. Practices are geared for success in all strokes and events. Swimmers will be encouraged to compete in every event the coach feels he/she is ready to swim. Consistent attendance (4 times a week) is valued. Swimmers should be able to compete in the 200 free/IM regularly. All swim meets offered for Black Group are expected.

Blue 2: swimmers **age 11-12** will build on fundamental skills and apply them in a competitive setting. In the daily practice setting swimmers will experience conditioning while still focusing on technique work. Swimmers are expected to develop all strokes and all events, with the focus being on IMX events. Dryland will be a part of the training 2 times per week. Consistent attendance (4 times a week) is valued. Swimmers should be able to compete in the 200 free/IM regularly and work towards the 500 free. All swim meets offered for Blue 2 are expected.

Pre Senior 2: swimmers **age 13-14** will build on fundamental skills and apply them in a competitive setting. In the daily practice setting swimmers will experience conditioning while still focusing on technique work. Swimmers are expected to develop all strokes and all events, with the. Dryland will be a part of the training 2 times per week. Consistent attendance (4-5 times a week) is valued. Swimmers should be able to compete in the 200 free/IM regularly. All swim meets offered for Pre Senior 2 are expected.

Practices take place at MCAC (uptown), Fairmeadows (Southpark area), Park Crossing

SAMPLE 2025-26 Season Practice Schedule (NOT OFFICIAL SCHEDULE)

(time of day should stay consistent, days offered and location could change in the upcoming year)

ATOMites: MW not before 5:45pm @Fairmeadows

Purple: TRF not before 5:30 @Fairmeadows

White: MWF not before 5:30 @Fairmeadows and **Saturday** around 10am

Black: 4-5 days a week, will include **Saturday** not before 5:30, location could be all 3 pools

Blue 2: 5 days a week not before 5:15, location could be all 3 pools

Pre Senior 2: 6 days a week, will include **Saturday** not before 5:30, location could be all 3 pools