

Swim Team Group Outlines:

Stroke Development

Group Description:

Stroke Development prepares swimmers for competition. Swimmers will learn the structure of a swim practice and acquire additional competitive swimming skills. Swimming and gaining endurance in 4 strokes will be emphasized. Consistent meet attendance will be encouraged.

Stroke Development Objectives:

- Use the clock as part of a structured practice
- Perform all 4 strokes legally for 50 yards
- Legal underwater breaststroke pullout
- Legal turn(s) focal point of training
- IMR/IMX focus (<https://www.usaswimming.org/times/imx-imr>)

Practices offered 3x per week

Age Group

Group Description:

Swimmers entering Age Group have met the performance goals in Stroke development and have demonstrated the drive to improve in the sport. Consistent meet attendance will be expected.

Age Group Objectives:

- Understanding that great focus and effort in practice leads to great performance
- Coach directed goal setting
- Continue building strokes
- IMR/IMX focus (<https://www.usaswimming.org/times/imx-imr>)
- Establish consistent practice attendance

Practices offered 4x per week

Age Group Performance

Group Description:

Swimmers in this group are focused on performing at a high level and have gained experience competing at championship level meets. They are self-driven in their improvement both in and out of the water. This group is designed for middle school and under aged athletes.

Age Group Performance Objectives:

- Understanding that great focus and effort in practice leads to great performance
- Coach directed goal setting
- Continue building stroke technique
- IMX event focus (<https://www.usaswimming.org/times/imx-imr>)
- Establish consistent practice attendance

Practices offered 6x per week

Senior

Group Description:

Swimmers in the Senior group are high school aged athletes who are continuing their path in the sport. This group is designed for those who are on their way to Senior Performance, or Multi-sport athletes, or both!

Senior Objectives:

- Willingness to learn and adapt
- Contributes to a positive and fun workout environment
- Continue building stroke technique and endurance
- IMR or IMX focus (<https://www.usaswimming.org/times/imx-imr>)
- Can effectively communicate with teammates and coaches without parent intervention

Practices offered 6x per week

Senior Performance

Group Description:

Swimmers in the Senior group are high school aged athletes who are committed in their path in the sport. Attendance and effort are expected day in and day out through themselves and the team. This group fosters perseverance, accountability and positivity every day.

Senior Objectives:

- Master time management to allow for practice and meet attendance to be prioritized
- Qualify for and place at LSC, Zone, and Sectional level championship meets
- Qualify for State and National level championship meets
- IMX focus (<https://www.usaswimming.org/times/imx-imr>)
- Understand that failures will happen and they provide opportunities to learn

Practices offered 6x per week