

EAST CAROLINA AQUATICS

GROUP STRUCTURE

COMPETITIVE

PURPLE GROUP

Athlete is a solid intermediate level swimmer able to compete in each stroke at swim meets. Working toward being able to compete with technical proficiency. Flutter kicking continues to be a staple of the group as well as underwater kicking and streamlining.

GOLD GROUP

This is a hyper-focused prep group for to get swimmer ready for the Currents Group. Looks to build and solidify concepts from Purple group.

CURRENTS GROUP

The Currents Group represents the highest-level of swimming in ECA Age Group Competitive Program. Typically swimmers in this group will compete at state and regional-level competitions.

SENIOR GROUP

Senior is the group for advanced swimmers who want to compete at a high-level in local and HS competitions. Practice requirements are also scaled back to allow the athlete time to participate in other activities outside of the water.

NATIONAL GROUP

This is the highest level of the ECA program. Swimmers in this group prepare to be college-ready athletes while focusing on 4-6 events. They also want to compete at the highest level against the fastest competition in the world. This is the #1 activity for group members and those members understand that sacrifices go hand and hand with being successful. Training is highly individualized and involves requires that both coach and swimmer are open with one another about expectations and execution of race and practice plans.

PRE-COMPETITIVE

WHITE GROUP

This is a beginner group for children who know how to swim, but who need further technical training. All four strokes will be performed with a primary focus on freestyle and backstroke.

GREEN GROUP

This is an intermediate group that focuses on further developing Freestyle and Backstroke to an advanced level. Swimmers become competition-ready in Butterfly, Breaststroke, and Individual Medley. Underwater dolphin kicking will also be introduced.

HIGHSCHOOL GROUP

HS Prep prepares swimmers for competition in the HS setting by getting them in shape and refining swimming techniques.

SPECIAL GROUPS

MASTERS

The Masters program provides many different levels of service in one group. Whether you are learning how to swim or have competed on an Olympic team, the masters group has a place for you. Mainly focusing on aerobic training, the masters group also focuses on technique and race strategy from time to time.

For more details, you may visit www.swimeca.org.