

SwimMAC Competitive Team – Division Overview

DIVISIONS	GROUPS	PURPOSE	RELATIONSHIP	WORKING ATHLETE DEVELOPMENT CURRICULUM
Senior Division				
Ages: 15 & Up Coach/Swimmer Ratio 1:20 # Practices/wk: 7-8 to 10(LC) Practice Durations: 120-180min	Senior 1 Senior 2 Senior 3	“Compete to Excel” - SwimMAC athletes continues to learn and be taught progressively as well as take ownership to put it all together for the purpose of “excelling” towards their career goals.	Swimmer Led-Coach Directed & Parent Supported <u>Value Drivers:</u> Partner-Empower -Celebrate	Mastery of racing skills & strategy. Character ownership, strength development. Exposure to variety of camp & champ experiences (team to national level). Performance prep (nutrition-rest-recovery-Psychology).
Shark Division				
Ages: 13-14 Coach/Swimmer Ratio 1:20 # of Practices/wk: 6-7 to 7-10(LC) Practice Durations: 130-205min.	Shark 1 Shark 2 Shark 3	“Practice to Compete” - SwimMAC athletes will be taught progressive skills, drills, & technique in a variety of ways to prepare them for not only the present but also the senior level. They will learn race strategies, build upon practice habits & skill development to use in meets. Also, swimmers will learn that “outside” the pool habits & decision-making will have an affect on meets as much as the “day to day” work they put into practices. SwimMAC athletes will compete at the local, state, regional level & potentially nationally as well.	Coach & Swimmer Led-Parent Supported <u>Value Drivers:</u> Support-Serve-Layered Commitment	Progression of racing skills & strategy. Character ownership/ strength. Development/ exposure to Variety of Camp and championship experiences (team to national level) Performance prep (nutrition-rest-recovery-mental edge).
Dolphin Division				
Ages: 11-12 Coach/Swimmer Ratio 1:15 # Practices/wk: 5-6 Practice Durations: 90-145min.	Dolphin 1 Dolphin 2 Dolphin 3	“Learn to Practice” - SwimMAC athletes will progress from the fundamental skills & technique taught in the Marlin Division and continue to build towards an advanced level of learning. They will also start understanding how to implement learned skills and technique into “practice sets”. This will be useful to increase their skill level at meets as well as for long-term development in the sport of swimming. SwimMAC athletes will compete at local, state, & regional levels.	Coach Led-Parent & Swimmer supported <u>Value Drivers:</u> Support-Serve-Layered Commitment	Foundational skills & technique. Character development. Kinesthetic awareness. Exposure to camps & championship format (team & LSC/regional level); nutrition.
Marlin Division				
Ages: 10 & Under Coach/Swimmer Ratio 1:15 # Practices/wk: 3-5 Practice Durations: 60-125min	Marlin 1 Marlin 2 Marlin 3	“FUN”damentals - To teach SwimMAC athletes entering the sport of competitive swimming a great foundation of skill development & technique in a style that can be FUN & FRUITFUL for long term growth in the sport of swimming. SwimMAC athletes & parents are introduced to competitive meets with the thought in mind of “family” friendly atmosphere & grow to championship meets.	Parent-Coach Led <u>Value Drivers:</u> Invest-Connect-Ignite	Foundational skills & technique. Athletic development/ character. Education/intro to competition.