

2023-2024 Practice Groups

MINIs is our intro group of the swim team for swimmers primarily in 1st - 4th grade and Divided into Mini Green and Mini White. Swimmers will have tons of fun developing a solid technical foundation, inspiring a love for the sport of swimming, and learning all four strokes and turns. Swimmers will become comfortable being on a team, in practice and at meets and will work towards completing a legal 100 Individual Medley in competition. Mini White graduates will advance to Age Group Green.

MINI Green Requirement: Swimmers must be able to jump into the pool and swim one full length of Freestyle with rotary breathing and one full length Backstroke. (Max 30, 2 groups of 15)

MINI White Requirement: All of the above and 100FR with Rotary breathing, basic knowledge of BK, BR and Fly and be confident at competitions. (Max 24)

Age Group is our intermediate groups of the team primarily for swimmers in 3rd - 7th grade. Divided into Age Group Green and Age Group White. Swimmers in this group continue to work on stroke development through drill progressions, with a special focus on starts and turns, and increasing aerobic development through a progressive increase in yardage and intensity. Swimmers are challenged to transfer their technical developments into competition. Goals include developing and executing racing strategy, demonstrating sportsmanship and teamwork, and learning how to train and push themselves in practice. Dryland is introduced at this level focusing on injury prevention and basic athleticism. Age Group White graduates will advance to Senior Green.

Age Group Green Requirement: 4 Legal Strokes and turns, compete a legal 100IM and 6x50K @1:30. (Max 21)

Age Group White Requirement: All of the above and have a legal 200IM, 6x50K @1:10 & an aerobic threshold under 1:45 for repeat 100 Freestyles. (Max 14)

Senior with a focus on bringing the benefits of technical emphasis and a progressive workload together, Senior has an increased expectation in the areas of commitment, training capacity and leadership primarily for swimmers in 6th grade and above. Senior is broken into three groups Senior Green, Senior White and Senior Black. Swimmers participate in a progressive dryland program focused on strength training and injury prevention. Swimmers who have moved through the program will develop an understanding of how, positivity, perseverance, discipline and the ability to step outside one's comfort zone benefit not just the athlete but their entire swim family.

Senior Green Requirement: Strong technique and the ability to swim a 200 Individual Medley in less than three minutes & an aerobic threshold under 1:30 for repeat 100 Freestyles.

Senior White Requirement: All of the above and must be in at least 8th grade. The ability to swim a 200 Individual Medley in less than 2:40 & an aerobic threshold under 1:15 for repeat 100 Freestyles. Dedication to the team and commitment to contributing to a great team culture.

Senior Black Requirement: All of the above and must be at least a Sophomore in HS or have a NE Senior Qualifying time. Commitment to maintain a practice schedule of a minimum of 6 practices per week for 2/3 of the school year. Ability to train consistently on a 1:15 interval for girls and a 1:10 interval for boys. Dedication to the sport of swimming with the goal of continuing post HS. Commitment to a positive team culture and to act as Leaders and Role Models for the team.