

## BAC TEAM OVERVIEW

<b>Group/ Age</b>	<b>Days/Duration / Distance</b>	<b>Emphasis</b>	<b>Prerequisites</b>	<b>Event Goals</b>	<b>Seasons</b>	<b>Meets</b>
BRIDGE 2 BAC CLINICS 5 – 12 years	1-2 Days :30 min Monday-Sunday	Progressive Stroke Mechanics	Bathing Suit, cap, Goggles & a smile!	Balanced Strokes; good Breathing Strong kick	MONTHLY  (908) 464-1995	<b>BRIDGE TO BAC CLINICS</b> (Competitive Readiness)
COMPETITIVE CLINICS 6 & Older	2-3 Days :40 min 400-1000 yds	Streamline 4 Legal strokes Breathing patterns	<b>BRIDGE TO BAC CLINICS</b> Bilateral breathing Continuous arms In backstroke	25 Free Back Breast Fly / 50 Free	MONTHLY  (908) 464-1995	<b>BRIDGE TO BAC CLINICS</b> (Competitive Readiness)
TAKE YOUR MARKS 6-12	1-2 Days :45 min 400-1000 yds	Streamline 4 Legal strokes Breathing patterns	<b>BAC COMPETITIVE CLINICS</b> Bilateral breathing Continuous arms In backstroke	25 Free Back Breast Fly / 50 Free	September through end of July	Club & Dual Meets, Invitationals, USA Mini & Bronze
AG PERFORMANCE SQUAD 12 & younger	3-4 Days :45mins - 1 hr 3000-4500 yds	Interval Training Aerobic Cond. Stroke Tech.	<b>BAC COMPETITIVE CLINICS</b> IMR SCORE (completed all IMR events in competition)	IMX EVENTS	September through end of July	Club, Dual USA Zones, Gold, Silver, Bronze High School
JUNIOR SQUAD 10 & Older	5-6 Days 1.5 hrs Dry Land 4000 – 6500 yds	Interval Training Aerobic Cond. Stroke Tech.	<b>AG PERFORMANCE / CLINICS</b> Competitive Experience BB Times or 700 IMX SCORE or 800 IMR SCORE	All Olympic Events	September through end of July	USA Gold, Silver, Zones, Sectionals
SENIOR SQUAD 12 & Older	6 Days, 1.5-3.0 hrs Dry Land 5,000 - 8,000 yds	Specific Energy system Training Aerobic & Anaerobic	Junior Squad, Strong Competitive Background A Standards or 2000 IMX SCORE	All Olympic Events	September through early August	USA Gold, Sr. States, Sectionals, Futures, Nationals