

Training Groups for 2023-2024:

Our groups will be very different this year as they will be able to be larger with subgroups. We expect to be able to hold to this grouping, but if certain groups need to split we have the ability to do that and will have quantifiable plans to make that happen. Athletes will be swimming with their age group with certain exceptions as listed below or, if we need to, to minimize crowding.

Mariners Red Group

This is the entry-level group for the Mariners. This group is for athletes who are ages 8&Under with limited or no experience in the sport but have already mastered at least Freestyle and Backstroke, as well as a working understanding of Breaststroke. The focus of this group is to learn the competitive swimming skills necessary to have a solid foundation in the sport or improve upon the skills already obtained. We encourage the athletes in this group to attend at least two but not more than three practices a week, and strongly encourage spring participation. Summer participation is optional, but talk to your coaches in the spring to determine a plan for continuity. Appropriate competitions are strongly recommended for this group. In order to move up a group you would need to be able to swim 8x50's IM order on 1:45, have at least 50% practice attendance and must qualify for a minimum of Current YMCA Silvers in the 10&Under age group in at least two strokes. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit and fins.

Mariners White Group

This group is primarily designed for athletes ages 9&10, and have already mastered at least Freestyle, Backstroke, and Breaststroke, if not including Butterfly. The focus of this group is to learn the competitive swimming skills necessary to have a solid foundation in the sport or improve upon the skills already obtained. Additionally the athletes in this group will begin to explore some conditioning elements of the sport. We encourage the athletes in this group to attend at least three but not more than four practices a week, and strongly encourage spring participation. Summer participation is optional, but talk to your coaches in the spring to determine a plan for continuity. These swimmers will be expected to participate in specific local meets, with others optional. In order to move up a group you will be required to be able to swim 20x100's free on 1:50, have at least 60% practice attendance and must have the Silver Cut in the 11/12 age group in at least two strokes. These athletes

should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit and fins.

Mariners Gray Group

This group is primarily designed for athletes who are 11/12 years old who have a solid competitive swimming foundation and background. The focus of this group will be refining competitive swimming skills and developing a strong aerobic base along with developing race technique. We encourage the athletes in this group to attend between three and five practices a week and expect spring and summer participation. These swimmers will be expected to participate in specific local meets with others optional. In order to move up a group you will be required to be able to swim 20x100's free on 1:40, have at least 65% practice attendance and must have Current Silver Cuts in the 13/14 age group in at least two strokes. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit, fins, paddles and snorkel.

Mariners Silver Group

These groups are designed athletes ages 13/14, who range from having a basic understanding for the sport of swimming, to having a strong competitive swimming foundation and the desire to participate in a highly competitive group. The Bronze group is designed for swimmers who are not intending to have a high commitment level to the Mariners team. Meets and attendance are not of great interest for this group. The Silver group is designed for swimmers who intend on attending at least 70% of all practices. Competitions, such as Dual Meets, Invitational Meets, and Travel Championship Meets (YMCA Champs, Sun Kissed, YMCA Nationals) are all expected. The focus of this group will not only be able to master competitive swimming skills that will prepare them for the future, but to teach athletes the importance of being committed to the sport in order to help achieve their goals. Bronze and Silver athletes will swim year round with the Mariners and will be expected to attend practice 4 to 5 times a week. This group will have required meets, some of which will involve travel. In order to move up a group you will be required to be able to swim 20 100's free on 1:20, have at least 70% year-round practice attendance and must have Current Silver Cut for the 15&Over Age Group in at least two strokes. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit, fins, paddles and snorkel.

Mariners Gold & Platinum Groups

These groups are designed for 15&Over aged athletes who have a very strong competitive swimming foundation and have made a large commitment to the sport. The focus of this group will be training at a level where swimming at regional and national competitions is expected. We expect the athletes in this group to attend five or more practices a week with an expectation of spring and summer participation. This group will have required meets, some of which may involve travel. Placement between the Platinum and Gold group is based on the previous season's attendance (Fall/Winter, Spring AND Summer), work effort and attitude in practice, dryland participation, and level of communication with the coaches. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit, fins, paddles and snorkel.

***Swimmers having a difficult time balancing their lives with the expectations this team demands, should schedule a swimmer, parent, coach meeting as soon as a problem becomes evident.**