

10 & Under Path

Group: BRONZE B (Beginners)

Age Range:	Primarily 9 & Under
Practices per week:	3 practices of 60 minutes
Attendance expectations:	3 practices per week
Meet participation Requirements:	1 novice meet per month.
Requirements To be in Bronze B:	All 4 strokes are legal. Strong flutter kick with arms in free and back Basic Streamline - Turns and Finishes Surpassed all objectives of Swim America
Objectives of Group:	Start to learn basic competitive mechanics of the strokes/ Knowledge of IM Begin work on basic drills for every stroke. Work on Dive Progression Be introduced to competition. Have fun and instill a joy for swimming. Progress to Bronze A or Silver
Equipment All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins (Short Fins - No long fins) Arena Pull Kick board Arena Freeflow PullBuoy – the smallest

Group: BRONZE A (Advanced)

Age Range:	Primarily 10 & Under
Practices per week:	3 practices of 60 minutes
Attendance expectations:	3 practices per week
Meet participation Requirements:	1 novice meet per month.
Requirements To be in Bronze A:	All 4 strokes are legal. More advanced free and back compared to Bronze B Better knowledge of Butterfly and Breaststroke Streamline - Turns and Finishes Surpassed all objectives of Swim America
Objectives of Group:	Start to learn basic competitive mechanics of the strokes/ Knowledge of IM Begin work on basic drills for every stroke as well as streamline. Work on Dive Progression Be introduced to competition. Have fun and instill a joy for swimming. Progress to Silver or White
Equipment All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins (Short Fins - No long fins) Arena Pull Kick Arena Freeflow PullBuoy – the smallest Arena Snorkel – youth size

Group: SILVER B (Beginners)

Age Range:	10 & U
Practices per week:	3 practices of 60 to 75 minutes
Attendance expectations:	3 practices per week
Requirements To be in Silver B:	All 4 strokes well developed. Be able to swim 100 IM under 2:30 Be able to swim 10 x 50 free on 1:20 Expected to do all turns in practice with proper under waters required by each stroke. Must know how to do a competitive dive.
Objectives of Group:	Learn more advanced drills and how to apply towards each stroke. Learn the pace clock. Learn how to swim interval sets designed by the coach. Must demonstrate desire to improve and focus on coach's instructions. Must demonstrate desire to compete in practice and in meets. Swimmers in this group should be working towards B times.

Equipment

All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins - (Short Fins - No long fins) Arena Freeflow PullBuoy – 12 & Under get the smallest Arena Snorkel Arena Kickboard
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Group: SILVER A (Advanced)

Age Range:	10 & U
Practices per week:	5 practices of 60 to 75 minutes
Attendance expectations:	75% of practices per month
Requirements To be in Silver A:	Have some B times working towards BB/A times. Be able to swim 100 IM under 2:15 Be able to swim 10 x 50 free on 1:10 Must do all requirements in Silver B
Objectives of Group:	Learn more advanced drills and how to apply towards each stroke. Use the pace clock for training. Learn how to swim faster interval sets designed by the coach. Must demonstrate desire to improve and focus on coach's instructions. Must demonstrate desire to compete in practice and in meets. Must demonstrate the desire to move to Gold Group or Bronco

Equipment

All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins - (Short Fins - No long fins) Arena Freeflow PullBuoy – 12 & Under get the smallest Arena Snorkel Arena Elite Finger Paddles (Senior 2) Arena Kickboard
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Group: GOLD

Age Range:	Top 10 & U
Practices per week:	5 practices of 90 to 105 minutes
Attendance expectations:	80% of practices - 4 practices week
Requirements To be in Gold:	Mostly BB times working towards TAGS. Be able to swim 8 x 100 IM on 2:15 Be able to swim 12 x 50 free on 1:00 Must do all requirements in Silver A
Objectives of Group:	Learn more advanced drills and how to apply towards each stroke. Use the pace clock for training. Learn how to swim faster interval sets designed by the coach. Must demonstrate desire to improve and focus on coach's instructions. Must demonstrate desire to compete in practice and in meets. <i>Families must be willing to travel for some away swim meets.</i>

Equipment

All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins - (Short Fins - No long fins) Arena Freeflow PullBuoy – 12 & Under get the smallest Arena Snorkel Arena Elite Finger Paddles (Senior 2) Arena Kickboard
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11 & 12 Path

Group: RED B (Beginners)

Age Range:	11-12
Practices per week:	3 practices of 60 to 75 minutes
Attendance expectations:	3 practices per week
Meet participation Requirements:	1 novice meet per month.
Requirements To be in Red B:	All 4 strokes are legal. Strong flutter kick with arms in free and back Basic Streamline - Turns and Finishes Surpassed all objectives of Swim America
Objectives of Group:	Start to learn basic mechanics of the strokes/ Knowledge of IM Begin work on basic drills for every stroke. Work on Dive Progression Be introduced to competition. Have fun and instill a joy for swimming. Progress to Red A or White

Equipment

All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins (Short Fins - No long fins) Arena Freeflow PullBuoy – the smallest Arena Snorkel Arena Kickboard
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Group: RED A (Advanced)

Age Range:	11-12
Practices per week:	3 practices of 60 to 75 minutes
Attendance expectations:	3 per practices week
Meet participation Requirements:	1 novice meet per month.
Requirements To be in Bronze A:	All 4 strokes are legal. More advanced free and back compared to Red B Better knowledge of Butterfly and Breaststroke Streamline - Turns and Finishes Surpassed all objectives of Swim America
Objectives of Group:	Start to learn basic mechanics of the strokes/ Knowledge of IM Begin work on basic drills for every stroke as well as streamline. Work on Dive Progression Be introduced to competition. Have fun and instill a joy for swimming. Progress to White

Equipment

All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins (Short Fins - No long fins) Arena Freeflow PullBuoy – the smallest Arena Snorkel Arena Kickboard
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Group: WHITE

Age Range:	11-12
Practices per week:	5 practices of 60 to 75 minutes
Attendance expectations:	75% of practices per month
Requirements To be in White:	All 4 strokes well developed. Be able to swim 4x100 IM on a 2:30 interval. Be able to swim 10 x 50 free on 1:15 Execute all turns and dives in practice and under waters.
Objectives of Group:	Learn more advanced drills and how to apply towards each stroke. Learn the pace clock. Learn how to swim interval sets designed by the coach. Must demonstrate desire to improve and focus on coach's instructions. Must demonstrate desire to compete in practice and in meets. Swimmers in this group should be working towards B times.

Equipment

All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins (Short Fins - No long fins) Arena Freeflow PullBuoy – the smallest Arena Snorkel Arena Kickboard
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Group: BLUE

Age Range:	11-12
Practices per week:	5 to 6 practices of 105 to 120 minutes
Attendance expectations:	75% of practices per month
Requirements To be in Blue:	Have some B times working towards BB/A times. Be able to swim 6 x100 IM on a 2:20 interval. Be able to swim 10 x5 0 free on 1:00 Must do all requirements in White. <i>Families must be willing to travel for some away swim meets.</i>
Objectives of Group:	Learn more advanced drills and how to apply towards each stroke. Use the pace clock for training. Learn how to swim faster interval sets designed by the coach. Must demonstrate desire to improve and focus on coach's instructions. Must demonstrate desire to compete in practice and in meets. Must demonstrate the desire to move to Bronco or Mustang.

Equipment

All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins (Short Fins - No long fins) Arena Freeflow PullBuoy - the smallest Arena Snorkel Arena Elite Finger Paddles Arena Kickboard
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Group: BRONCO

Age Range:	Top 11-12
Practices per week:	6 practices of 105 to 120 minutes
Attendance expectations:	75% of practices per month
Requirements To be in Silver A:	Mostly BB times working towards A times and TAGS. Be able to swim 12 x100 IM on a 2:00 interval. Be able to swim 12 x 100 free on 1:45 Must do all requirements in Blue. <i>Families must be willing to travel for some away swim meets.</i>
Objectives of Group:	Learn more advanced drills and how to apply towards each stroke. Use the pace clock for training. Learn how to swim faster interval sets set by the coach. Must demonstrate desire to improve and focus on coach's instructions. Must demonstrate desire to compete in practice and in meets. Must demonstrate the desire to go to TAGS.

Equipment

All Arena purchased at Xtremeswim	Arena Practice Suit w/ TFA Logo Arena Competition Suit (Solid Navy Blue) with TFA logo Arena Mesh Bag Arena Power Fins (Short Fins - No long fins) Arena Freeflow PullBuoy - the smallest Arena Snorkel Arena Elite Finger Paddles Arena Kickboard
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Mustang - Top 13-14	
Gold - Top 9-10	Bronco - Top 11-12
Silver A (10 & Under)	Blue (11-12)
Silver B (10 & Under)	White - (11-12)
Bronze A - Advanced (10 & U)	Red A - Advanced (11-12)
Bronze B - Beginners (9 & U)	Red B - Beginner (11-12)