



Bobcat Swim Club Short Course 2025-26

Training Group Descriptions

Overall Objectives of Our Training Group Structure

The intent of our group structure is to provide a healthy, productive, exciting place for *all* athletes interested in swimming.

Athletes ages 12 and under will begin their careers in training groups Green, White, and Black where they will build a growing foundation of skill, fitness, and swimming acumen. Our recommended attendance is based on the minimum commitment we believe will prepare most swimmers for the future opportunity to reach their potential as an athlete. While we will always encourage athletes to meet the attendance recommendations, there is no attendance requirement for membership in training groups Green, White, and Black.

The Bronze training group is designed for swimmers ages 13 and over looking to grow and improve as athletes while enjoying ultimate flexibility to pursue other serious interests and enjoy a well-rounded experience. Bronze is a fun, challenging, and exciting place for swimmers interested in being an integral part of a team and enjoying the incredible personal growth opportunities inherent to swimming. Participation in team-hosted competitions will be expected.

The Silver training group is designed for athletes ages 13 and over. A minimum of 80% practice attendance is required to maintain membership in this training group. Swimmers in this group will shift focus from the goals of the 12&Under program to an emphasis on serious training and preparing for the highest levels of swimming. Swimmers will exhibit leadership skills in and out of the pool and demonstrate an ability to balance activities, school, and swimming effectively. Athletes will be introduced to the senior level dryland program and utilize the weight equipment to build strength and overall athleticism.

The Gold training group is designed for high school athletes who have a strong desire to reach their ultimate potential in swimming, to compete at the national level, and most likely swim in college. A minimum of 90% practice attendance is required to maintain membership in this training group. These athletes have a minimum of Sectional Bonus time standards. Gold swimmers will embrace the training and performance skills and habits of the world's most elite swimmers. Swimmers will train to the limits of their potential and capacity year round while continuously improving their approach to competition. Athletes and their parents can expect guidance and support navigating the college recruiting process.

GREEN Ages 6-8 / Primary Coach Liz Kelley with Asst. Coach Grace Myers

Group Description

Green is an introduction to competitive swimming, and spans a wide range of ability from true beginners, who are learning the rules of the sport, to athletes who are building proficiency in all four strokes and competing in 50 and 100 yard races. Technique instruction is the primary focus of this group.

Practice Schedule

Monday 6:15-7:30 pm

Tuesday

Wednesday 6:15-7:30 pm

Thursday 6:15-7:30 pm

Friday

Summary of Fees

- \$200.00 Annual Registration Fee
- \$135.00 per month
- USA Swimming Membership is included.

Meet entry fees are not included.

Initial Performance Requirement

- Swim 25y Freestyle unassisted
- Swim 25y Backstroke unassisted

Attendance Expectations

- 3 practices per week are **recommended**
- Attend Barbara Kay Championship meet

Character Traits

- **Learn:** Attention to Detail, Patience, Persistence, Gratitude

Group Goals

- **Technical Mastery:** Introduction to swimming technique focused on strong body position in all four strokes and a cultivation of strong habits.
- **Fitness:** While the focus of this group is on learning technique, swimmers also learn the basics of intervals and pacing. As their technique improves, they are able to swim progressively more yards at a faster pace over the course of the season from September to March.
- **Competition Skills:** Learn to compete in all four strokes while sustaining a consistent pace throughout races. Learn the fun in cheering for teammates.

WHITE Ages 9-10 / Primary Coach Fiona Davis with Asst. Coach Kendall Chapman

Group Description

White group athletes have a basic understanding of how to swim and are ready to begin learning how to train. They will focus on learning to apply their technical lessons with the added component of exercise intensity while achieving a strong baseline of aerobic fitness in the process.

Practice Schedule

Monday

Tuesday 6:00-7:00 pm

Wednesday 6:00-7:15 pm

Thursday 6:00-7:15 pm

Friday 6:00-7:15 pm

Summary of Fees

- \$200.00 Annual Registration Fee
- \$150.00 per month
- USA Swimming Membership is included.

Meet entry fees are not included.

Minimum Performance Goal

- Swim 10 x 50 freestyle on a 1:10 interval
- Swim 5 x 100 IM on a 3:00 interval

Attendance Expectations

- 4 practices per week are **recommended**
- Attend Regional and JR State championship meets

Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude
- **Learn:** Work Ethic, Peer Support

Group Goals

- **Technical Mastery:** Learn the incredible importance of forming and practicing good habits. Learn to apply technical lessons to everyday training. Learn to respond and adapt to technical feedback whether given to the individual or the group. Continue to build an understanding of the skills that make swimmers faster.
- **Fitness:** Introduce the concept of aerobic fitness in both understanding and practice. Athletes will learn to read the pace clock, track pace, train on an interval, and maintain a sustained effort.
- **Competition Skills:** Set goals for multiple events and track their progress toward goals over the course of the swimming season. Learn to participate in a healthy, supportive, and exciting competitive team environment.

BLACK Ages 11-12 / Primary Coach Jake Clark with Asst. Coach Jeremy Lindauer

Group Description

Black training group athletes are ready to move from learning how to train to learning how to train beyond their limits (and therefore redefine their limits!) Swimmers can expect to routinely be presented with challenges and practice sets that they won't successfully complete the first time. At the same time, they will learn more advanced technical skills - particularly underwater skills. They will compete regularly, and learn to compete well whether rested or fatigued.

Practice Schedule

Monday 5:45-7:30 pm

Tuesday 5:45-7:00 pm

Wednesday 5:45-7:30 pm

Thursday 5:45-7:30 pm

Friday 5:45-7:30 pm

Summary of Fees

- \$200.00 Annual Registration Fee
- \$175.00 per month
- USA Swimming Membership is included.

Meet entry fees are not included.

Minimum Performance Goal

- Swim 10 x 100 freestyle on a 2:00 interval
- Swim 5 x 200 IM on a 4:15 interval
- Legal all 4 strokes
- 6x100 Kick on 2:00

Attendance Expectations

- 5 practices per week are ***recommended***
- Attend Regional and JR State championship meets

Character Traits

- ***Practice:*** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support
- ***Learn:*** Resilience

Group Goals

- **Technical Mastery:** Dramatically improve underwater ability, starts, and turns. Learn that elite swimming power is derived from the hips to the shoulders in all four strokes. Reinforce the understanding that a skill is nothing until it becomes a habit.
- **Fitness:** Learn that breaking previous barriers is a part of the growing process. Learn to relish the challenge of making an interval, or maintaining a pace for the first time. Make a habit of building work capacity. Enhance aerobic and anaerobic fitness.
- **Competition Skills:** Appreciate the importance of race strategy and technical precision in competition. Learn to set and track goals for the pace and tempo of races. Learn to initiate a healthy, supportive, and exciting competitive team environment.

Bronze - Ages 13 and Over / Primary Coach Karissa Smercansky

Group Description

The Bronze training group is for athletes who enjoy swimming and are looking for fitness gains. These athletes have ultimate flexibility to pursue other interests. Swimmers will improve on technical aspects of the sport. Participation in team-hosted competitions will be expected.

Practice Schedule

Monday **5:30-7:00 pm**

Tuesday

Wednesday **5:30-7:00 pm**

Thursday **5:30-7:00 pm**

Friday

Sunday

Summary of Fees

- \$200.00 Annual Registration Fee
- \$150.00.00 per month
- USA Swimming Membership is included.

Meet entry fees are not included.

Group Goals

- Instruction and emphasis on proper stroke technique in all four competitive strokes, starts, turns, underwater kicking, and breathing patterns will be the focus

Attendance Expectations

- Athletes are *recommended* to attend EVERY practice.
- Attend all meets conducted at the OUAC.

Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience, Receiving Feedback, Time Management and Prioritization
- **Learn:** Team Leadership, Self-Determination

Group Goals

- **Technical Mastery:** Learn the incredible importance of forming and practicing good habits. Learn to apply technical lessons to everyday training. Learn to respond and adapt to technical feedback whether given to the individual or the group. Continue to build an understanding of the skills that make swimmers faster.
- **Fitness:** Introduce the concept of aerobic fitness in both understanding and practice. Athletes will learn to read the pace clock, track pace, train on an interval, and maintain a sustained effort.
- **Competition Skills:** Set goals for multiple events and track their progress toward goals over the course of the swimming season. Learn to participate in a healthy, supportive, and exciting competitive team environment.

SILVER Ages 13 and Over / Primary Coaches Ellie Lindauer and Lew Timberman

Group Description

Swimmers in this group will shift focus from the goals of the 12&Under program to an emphasis on serious training and preparing for the highest levels of swimming. Swimmers will exhibit leadership skills in and out of the pool and demonstrate an ability to balance activities, school, and swimming effectively. Athletes will be introduced to the senior level dryland program and utilize the weight equipment to build strength and overall athleticism.

Practice Schedule

Monday 5:15-7:30 pm

Tuesday 5:15-7:00 pm

Wednesday 5:15-7:30 pm

Thursday 5:15-7:30 pm

Friday 5:15-7:30 pm

Sunday 2:00-4:00 pm

Summary of Fees

- \$200.00 Annual Registration Fee
- \$200.00 per month
- USA Swimming Membership is included.

Meet entry fees are not included.

Performance Goal

- Swim 10 x 100 freestyle on a 1:30 interval
- Swim 5 x 200 IM on a 3:45 interval
- Swim 10x200 freestyle on 3:30
- Kick 6x100 on 1:45

Attendance Expectations

- 80% practice attendance is required to maintain group participation
- Alt. attendance 1x per year (multi-sport) FALL ONLY
- Attend highest championship meet AND team travel meet

Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience
- **Learn:** Receiving Feedback, Team Leadership

Group Goals

- **Technical Mastery:** While reinforcing all of the technical lessons from the Black training group, each Silver swimmer will have individualized technique coaching tailored to their goals.
- **Fitness:** Silver swimmers have the opportunity to continue to build their aerobic and anaerobic fitness through the training offered. Fitness levels will vary from elite to strong based on attendance.
- **Competition Skills:** Learn to compete under duress to be prepared for the short-rest environment of school meets and state competitions. Become more detail oriented in their race strategies. Learn to take on a leadership role in fostering a healthy, supportive, and exciting competitive team environment.

GOLD - Ages 13 and Over / Primary Coach Denise Humphrey and Lew Timberman

Group Description

The Gold training group is preparation for college swimming for athletes who have made swimming their top priority and are committed to training. These athletes have a minimum of Sectional Bonus time standards. Gold swimmers will embrace the training and performance skills and habits of the world's most elite swimmers. Swimmers will train to the limits of their potential and capacity year round while continuously improving their approach to competition. Athletes and their parents can expect guidance and support navigating the college recruiting process.

Practice Schedule

Monday 5:15-7:30 pm

Tuesday 5:15-7:30 pm

Wednesday 5:15-7:30 pm

Thursday 5:15-7:30 pm

Friday 5:15-7:30 pm

Sunday 2:00-4:00 pm

Summary of Fees

- \$200.00 Annual Registration Fee
- \$225.00 per month
- USA Swimming Membership is included.

Meet entry fees are not included.

Initial Performance Requirement

- Swim 10 x 100 freestyle on a 1:10 interval

PERFORMANCE GOAL

- Swim 5 x 200 IM on a 3:00 interval
- Swim 10x300 freestyle on 4:15
- Kick 6x100 on 1:30

Attendance Expectations

- Athletes are *expected* to attend EVERY practice. 90% practice attendance is required to maintain group participation
- Alt. attendance 1x per year (multi-sport) FALL ONLY
- Attend SR State, Sectionals, Futures, Zones, National championship meets and team travel meet

Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience, Receiving Feedback, Time Management and Prioritization
- **Learn:** Team Leadership, Self-Determination

Group Goals

- **Collegiate Swimming Opportunity:** Our goal is that all swimmers invited to Gold, who fulfill attendance expectations with a strong effort, will have the opportunity to swim in college. Those opportunities will vary based on swimming and academic achievements and career interests among the athletes and will likely include Divisions 1, 2, and 3 opportunities.
- **Technical Mastery:** Understand and emulate the technical habits of the world's best swimmers through regular advanced individual coaching and instruction. Confidently thrive in the application of advanced skills under the pressure of rigorous training and competition.
- **Fitness:** Push aerobic and anaerobic fitness to an elite level while building strength and endurance. Set fitness goals as well as competition goals.
- **Competition Skills:** Apply a mentality of absolute precision to the development and execution of race details. Set differentiated goals for seasonal meets and championship meets. Many goals will be about attaining specific cuts and opportunities to compete at sectional and national levels. Become familiar with each others' goals, and provide real-time peer support and team leadership at meets. Become the architects, owners, and enthusiastic advocates of a healthy, supportive, and exciting competitive team environment.