

## **Powel Crosley Jr YMCA**

### **Tigershark Swim Team-Group Descriptions**

#### **Age Group Level I (10 & Under)** – *Tigershark, Clippard and Gator Divisions*

This level is for 8 & under swimmers and some 9-10 swimmers who are learning all four competitive strokes. The emphasis is on developing the fundamentals of the strokes, starts and turns by means of drills and games in an enjoyable atmosphere for instruction. Swimmers learn the basic rules of competitive swimming.

Attendance: Two to three practices per week are recommended.

#### **Age Group Level II (8-12)** – *Tigershark, Clippard and Gator Divisions*

This practice level is designed for 9-10, 11-12 year olds and some experienced 8-year-olds. Improving stroke, start and turn techniques will be the primary emphasis in this level. It will serve as an introduction to the highest levels of age group swimming. Mild distances and endurance work will be introduced in training.

Attendance: Three to four practices per week are recommended.

#### **Age Group Level III (10-14)** – *Tigershark, Clippard and Gator Divisions*

This is the Tigersharks' top Age Group level for 14 & Under swimmers.

Strong emphasis is placed on technique refinement with a stronger conditioning experience. General distance and IM work is also emphasized along with a strong dryland commitment and general body strengthening. Racing strategies and mental preparation are also introduced.

Attendance: Three to four practices per week are recommended.

#### **Senior Level IV (13 & Older)** – *Tigershark, Clippard and Gator Divisions*

This introduction to senior swimming emphasizes polishing stroke technique, starts and turns. The focus will be IM and distance training. This level is also for those 13 and over athletes that swim seasonally, are multi-sport athletes or who just want to swim to be involved with the sport. Swimmers must have the ability to handle the physical demands of a rigorous training regimen to allow the opportunity to move to the next training level.

Attendance: HS Age Swimmers - At least five practices a week recommended. JR HS Age Swimmers - At least four practices a week recommended.

**Senior Level V (13 & Older)** – *Tigershark, Clippard and Gator Divisions*

Training is geared to YMCA National competition and beyond. This practice level is only for athletes committed to reaching their full swimming potential. Year-round training is required. The emphasis is on high levels of endurance, strength and speed conditioning with technique refinement. Training includes longer distances, IM work, interval training, aerobic base development and preparation for a stronger emotional commitment, working toward invitation to the National level.

Attendance: At least 6 practices per week, including 1 morning practice per week and two strength-training sessions are required for high school students.

**National Level VI (13 & Older – Invitation Only)** – *Tigershark Division Only*

This level is for high school and college-age athletes with a strong commitment to train and compete at the highest level, physically and mentally. Strict practice attendance including two-assigned strength training sessions is required. Practices include high level endurance, strength and speed training, technique refinement and conditioning. In addition, there will be stretching, dryland, running and other fitness sessions incorporated into this practice level. The objective of this level is to prepare and compete in the National YMCA Top 16, USA National and collegiate levels and beyond.

Attendance: All practices offered plus two strength training sessions per week are required during school.

A minimum of 8 practices per week in the summer.