

You are in Green Group - This is what you are working on

GREEN 1 Group Expectations

The Green group is for swimmers who have completed swim lessons and are able to swim the full length of the pool (25 yards) with front crawl stroke. Swimmers will continue to build upon their current skills, and focus on the basics of the four competitive strokes: freestyle, backstroke, breaststroke and butterfly as well as being introduced to race starts and turns. **Workout Days/Times:** This group practices forty-five minutes per day, four days per week. (3 hours/week), currently Mon-Thur from 5-5:45pm.

Goals for Group - Swimmers will be learning the four strokes of swimming. Emphasis will be on freestyle and backstroke. Also taught are freestyle flip turns, backstroke flip turns, blast offs, correct kicking, open turn for breaststroke, and dives.

Group Expectations -

- ☐ Swimmers should have the ***desire to learn and improve*** flip turns and legal turns every wall.
- ☐ Swimmers should work towards being a lane leader and practice good lane etiquette. (Circle swimming, listening to the coach, ready position, not splashing others, going underwater when coach is talking, keep hands to yourself, and being a good teammate.)
- ☐ Swimmers should be learning to adjust to conditions that you encounter daily in practice (eg. leaky goggles, cold water, and lane etiquette.)
- ☐ Swimmers are expected to bring the proper swim equipment to practice daily.
- ☐ Swimmers should learn to work hard and listen carefully to instructions.

Expected minimum training sets to accomplish before moving to Green Group

- ☐ 100 legal Free continuous (*Legal free - must touch each wall, no pushing off the bottom or pulling on the lane lines*)
- ☐ 50 legal Back continuous with legal turn at the wall. (*Legal back - must stay on the back other than executing a backstroke flip turn, no pushing off the bottom, no pulling on lane lines, and must finish on the back*)
- ☐ Able to use backstroke flags to prevent hitting head on the wall.
- ☐ 25 flutter kick continuous with kickboard
- ☐ Blast offs for free and back with good streamline position
- ☐ Can comfortably breathe to either the right or left side.
- ☐ Can complete a 30 minute practice session.
- ☐ Can complete a continuous swim and kick for 5 minutes.
- ☐ Can do a kneeling dive.
- ☐ Can do a standing dive.
- ☐ Can do a backstroke start

Comments

You are in Green Group and want to move up to Bronze Group

BRONZE Group Expectations

The Bronze group continues to focus on the basic skills of the four main strokes, race starts, and turns building endurance in the water by having longer practice sessions. More technical skills are also introduced. *Workout Days/Times:* This group practices one hour per day, four days a week. (4 hours/week), currently Mon-Thur from 4-5pm.

Goals for Group - Swimmers will be continuing to learn the four strokes of swimming. Breaststroke and butterfly technique will be emphasized in this group. Swimmers will also learn to read a workout on the board and follow it. And start to use the pace clock on the wall.

Group Expectations to move to Bronze Group-

- ☐ Swimmers should have the desire to learn and improve flip turns and legal turns in every practice session.
- ☐ Swimmers should practice good lane etiquette.
- ☐ Swimmers should strive towards being a lane leader by example.
- ☐ Swimmers should be learning to adjust to conditions that you encounter daily in practice (eg. leaky goggles, cold water, and lane etiquette.)
- ☐ Swimmers are expected to bring the proper swim equipment to practice daily.
- ☐ Swimmers should learn to work hard and listen carefully to instructions.
- ☐ Swimmers are encouraged to participate in at least one swim meet per year.
- ☐ Start learning the pace clock (know what the top and bottom are, going at a certain time)
- ☐ Gets into water promptly for practice

Expected minimum training sets to accomplish before moving to Bronze Group -

- ☐ 200 legal Free continuous with flip turns. (*Legal free - must touch each wall, no pushing off the bottom or pulling on the lane lines*)
- ☐ 100 legal Back continuous with legal turn at the wall. (*Legal back - must stay on the back other than executing a backstroke flip turn, no pushing off the bottom, no pulling on lane lines, and must finish on the back*)
- ☐ Able to use backstroke flags to prevent hitting head on the wall.
- ☐ 50 flutter kick continuous
- ☐ Blast offs for free and back with good streamline position
- ☐ Can comfortably breathe to either the right or left side for free.
- ☐ Can demonstrate good form in the following freestyle drills (catchup free, bow-n-arrow free, 12 beat kick, 12 beat kick hesitation drill, phase drill, swim position kick, breathe every 3rd stroke).
- ☐ Can complete a 45 minute practice session. (About a 1000 yards in practice)
- ☐ Can complete a continuous swim and kick for 10 minutes.
- ☐ Can dive off the racing block.
- ☐ Can do backstroke drills of flagpole; double arm; changeover; head up, tummy up, & toes up; 12 beat kick on back, head back and arms straight on recovery

Comments

You are in Bronze Group and want to move up to Silver Group

SILVER Group Expectations

The Silver group have the basic skills mastered, with more focus on technical skills and endurance. Speed control and drill work are also introduced. **Minimum age 9 years.** Workout Days/Times: This group practices 75 minutes per day, five days per week. (6.25 hours/week), currently Mon-Fri from 4-5:15pm.

Goals for Group - The Silver group will continue to refine all the strokes. Also the swimmers will be working on

Group Expectations to move to Silver Group -

- ☐ Swimmers should have the desire to learn and improve turns in every practice session.
- ☐ Swimmers should practice good lane etiquette.
- ☐ Swimmers should strive towards being a lane leader by example.
- ☐ Swimmers are expected to bring the proper swim equipment to practice daily.
- ☐ Swimmers should learn to work hard, listen carefully to instructions, and take feedback and apply it.
- ☐ Swimmers are encouraged to participate in 1-2 swim meets per year.
- ☐ Learning to use the clock (intervals on the 1:00)

Expected minimum training sets to accomplish before moving to Silver Group-

- ☐ 300 legal Free continuous with flip turns. (*Legal free - must touch each wall, no pushing off the bottom or pulling on the lane lines*)
- ☐ 100 legal Back continuous with legal turn at the wall. (*Legal back - must stay on the back other than executing a backstroke flip turn, no pushing off the bottom, no pulling on lane lines, and must finish on the back*)
- ☐ 50 legal Breaststroke continuous with legal turn at the wall. (*Legal breast*)
- ☐ 25 legal Butterfly continuous with legal turn at the wall. (*Legal breast*)
- ☐ 100 IM with legal turns at the wall.
- ☐ Can demonstrate good form in the following freestyle drills (catchup free, bow-n-arrow free, 12 beat kick, 12 beat hesitation drill, free changeover, breathe every 3rd stroke)
- ☐ Can perform the technique learned from freestyle drills correctly while swimming regular freestyle (Head stays still and does not move side to side except breathing, hands do not cross, high elbow recovery, high elbow catch)
- ☐ Can complete a 60 minute practice session.
- ☐ Can complete a continuous swim and kick for 15 minutes.
- ☐ Can dive off the racing block.
- ☐ Can do intervals on the 1:00
- ☐ 4 x 50s free on 2:00
- ☐ 2 x 50s back on 2:00
- ☐ 2 x 100 IM on 4:00

Comments

You are in Silver Group and want to move up to Gold group

GOLD Group Expectations

The Gold group have mastered basic and most technical skills, and continue to further increase their endurance and training intensity. **Minimum age 11 years.** Workout Days/Times: This group practices ninety minutes per day, five days per week. (7.5 hours/week), currently Mon-Fri from 4:30-6pm.

Group Expectations to move to Gold Group -

- ☐ Swimmers should have the desire to learn and improve turns in every practice session.
- ☐ Swimmers should strive towards being a lane leader by example and practice good lane etiquette..
- ☐ Swimmers are expected to bring the proper swim equipment to practice daily.
- ☐ Swimmers are encouraged to participate in 1-2 swim meets per year.
- ☐ Swimmers must work on exhibiting work ethic, regular attendance, working well with your teammates, and listening to coaching instruction.
- ☐ Swimmers can consistently complete practices without taking excessive breaks.
- ☐ Swimmers can consistently do underwater to the flags during practice.
- ☐ Nutrition - Understands food as fuel and importance of proper nutrition

Expected minimum training sets to accomplish before moving to Gold Group-

- ☐ 500 legal Free continuous with flip turns.
- ☐ 100 legal Back continuous with legal backstroke flip turn at the wall.
- ☐ 100 legal Breaststroke continuous with legal turn at the wall..
- ☐ 50 legal Butterfly continuous with legal turn at the wall.
- ☐ 200 IM continuous with legal turns at the wall.
- ☐ Freestyle - timing the breath, one eye breathing, early vertical forearm, one arm-both, 6 count switch (from Level 1 ADM)
- ☐ Backstroke- demonstrate shoulder and hip roll motion with head back, *backstroke timing, backstroke breathing, continuous arm position 11 back, half recovery back* (from Level 1 ADM)
- ☐ Breaststroke- correct timing of the pull, kick, and breathe during breast, complete legal pullout with dolphin kick, *underwater pullout hand recovery, head position* (from Level 2 ADM)
- ☐ Butterfly - demonstrates undulating motion during fly, correct timing of the pull, kick, and breathe during fly, fly kick on stomach, 3 L/3R/3 whole stroke fly (from Level 2 ADM)
- ☐ Can count number of strokes/cycles per length for each stroke (from Level 2 ADM)
- ☐ Accurately counts and computes distances (from Level 2 ADM)
- ☐ Continues progress using the pace clock/ Works on intervals using :40/:50/:1:30 (from Level 2 ADM)
- ☐ Can complete the 500 set (2x100 free (:15s rest) / 2x75 IM (:15 s rest) / 50 kick (:10 s rest) / 4x25 free (:10 s rest)
- ☐ 6 x 50 free descending on 1:30
- ☐ 3 x 100 IM o 4:00

Comments

You are in Gold Group and want to move up to Platinum Group

PLATINUM Group Expectations

The Platinum group are the most advanced group, continuing to build their technique, endurance and training intensity. **Minimum age 13 years.** Workout Days/Times: This group practices two hours per day, five days per week. (10 hours/week), currently Mon-Fri from 4-6pm.

Group Expectations to move to Platinum Group -

- ☐ Swimmers should be learning and improving turns in every practice session..
- ☐ Swimmers should strive towards being a lane leader by example and practice good lane etiquette.
- ☐ Swimmers are expected to bring the proper swim equipment to practice daily.
- ☐ Swimmers are encouraged to participate in 1-2 swim meets per year.
- ☐ Swimmers must work on exhibiting work ethic, regular attendance, working well with your teammates, and listening to coaching instruction.
- ☐ Nutrition - Understands food as fuel and importance of proper nutrition

Expected minimum training sets to accomplish before moving to Platinum Group -

- ☐ 800 legal Free continuous with flip turns.
- ☐ Legal 400 IM
- ☐ 200 legal Back continuous with legal turn at the wall. *(with good streamline and UW)*
- ☐ 200 legal Breaststroke continuous with legal turn at the wall. *(with pulldown)*
- ☐ 100 legal Butterfly continuous with legal turn at the wall. *(with UW)*
- ☐ *Turns should not only be legal, but also exhibit proper technique. Swimmer should be consistently be performing proper turns in practice (for instance, during a 400 fr, flip turns should be done and not touch and go)*
- ☐ *Perform effective finishes (ADM 3)*
- ☐ *Habitually performs UWs- dolphin kicks in streamline or br pull out*
- ☐ *Habitually puts an effort into doing a proper turn with the proper breathing (no breath into or off wall)*
- ☐ Freestyle - timing the breath, one eye breathing, early vertical forearm, one arm-both, 6 count switch (from Level 1 ADM) head still, arms don't cross
- ☐ Backstroke- demonstrate shoulder and hip roll motion with head back, *backstroke timing, backstroke breathing, continuous arm position 11 back, half recovery back* (from Level 1 ADM)
- ☐ Breaststroke- correct timing of the pull, kick, and breathe during breast, complete legal pullout with dolphin kick, *underwater pullout hand recovery, head position* (from Level 2 ADM)
- ☐ Butterfly - demonstrates undulating motion during fly, correct timing of the pull, kick, and breathe during fly, fly kick on stomach, 3 L/3R/3 whole stroke fly (from Level 2 ADM)
- ☐ Can count number of strokes/cycles per length for each stroke (from Level 2 ADM)
- ☐ Accurately counts and computes distances (from Level 2 ADM)
- ☐ Can easily use the the pace clock/ Works on intervals using :00/:35/:40 (from Level 2 ADM)

Minimum training sets

- ☐ 500 free under 7:30 without a counter
- ☐ 10 x 50 free fast on the :50
- ☐ The 800 set under 12:00

Comments