

For the 2025-2026 season, we are introducing a NEW squad structure which will help to create a clear and supportive pathway for every swimmer. Starting with Age Group 4 (AG4), where athletes build their foundation and love for the sport, all the way through Senior 1 (SR1), designed for swimmers preparing for collegiate competition, each group has defined goals, expectations, and meet commitments. This structure helps athletes and families understand the progression, set goals, and see the steps needed to advance while ensuring every swimmer has the opportunity to thrive at their own pace.

Age Group 4 (AG4) - Foundations & FUNdamentals

Swimmers learn the basics of training, teamwork, and racing while building on lesson program skills.

- Focus on freestyle, backstroke, and introductory breaststroke and butterfly skills
- Introduction to flip turns, pullouts, and legal turns
- Learn swim etiquette, teamwork, and practice habits
- FUN Meet attendance required. Other meets are encouraged.

Additional Expectations:

- Coaches make final placement decisions based on each swimmer's readiness and commitment to team expectations.
- Swimmers are expected to bring consistent effort, attendance, and a positive attitude.
- Swimmers are responsible for bringing all required equipment to every practice.
- Meet participation is highly suggested, with FUN Meets required.

Next Step: **AG3**

Age Group 3 (AG3) - Emerging Technique & Training

Swimmers develop consistency in all four strokes and begin learning how to train.

- Build from 100 IM toward 200 IM proficiency
- Legal 50s of all four strokes, working toward 100s
- Begin understanding intervals and training sets

- Meet participation monthly when possible; Championship meet attendance expected
- Continued focus on streamlines, underwaters, and turns

Additional Expectations:

- Coaches make final placement decisions based on each swimmer's readiness and commitment to team expectations.
- Swimmers are expected to bring consistent effort, attendance, and a positive attitude.
- Swimmers are responsible for bringing all required equipment to every practice.
- Dryland may be included at certain levels and should be treated as an important part of practice.
- Meet participation is part of the learning process and is expected as outlined for each group.

Next Step: **AG1** or **AG2**

Age Group 2 (AG2) - Development & Readiness

Swimmers expand their training foundation while developing racing skills.

- Work toward legal 100s and 200s of all strokes
- Develop pacing, interval training, and race preparation skills
- Consistent practice habits and early/on-time arrival expected
- Meet attendance strongly encouraged
- Introduction to relay starts and race strategy

Additional Expectations:

- Coaches make final placement decisions based on each swimmer's readiness and commitment to team expectations.
- Swimmers are expected to bring consistent effort, attendance, and a positive attitude.
- Swimmers are responsible for bringing all required equipment to every practice.

- Meet participation is part of the learning process and is expected as outlined for each group.

Next Step: **AG1**, **SR2**, or **SR3**

Age Group 1 (AG1) - Performance Age Group

Preparing swimmers for championship-level success and long-term senior development.

- Consistent commitment to 5+ practices per week and dryland
- Proficient in 200 IM, working toward 400 IM
- Compete regularly in all strokes and distances
- Build race strategies, pacing skills, and practice independence
- Target: OSI Championship and Regional time standards

Additional Expectations:

- Coaches make final placement decisions based on each swimmer's readiness and commitment to team expectations.
- Swimmers are expected to bring consistent effort, attendance, and a positive attitude.
- Dryland may be included at certain levels and should be treated as an important part of practice.
- Swimmers are responsible for bringing all required equipment to every practice.
- Meet participation is part of the learning process and is expected as outlined for each group.

Next Step: **SR1** or **SR2**

Senior 3 (SR3) - HS & Advanced Age Group Development

Developing high school swimmers with a focus on endurance, IM, and readiness for higher senior training.

- Proficient in 100s and 200s of all four strokes
- Training toward 200 and 400 IM completion
- Learn interval management and aerobic conditioning
- Consistent meet participation expected
- Strong commitment to attendance and effort

Additional Expectations:

- Placement is at the discretion of the coaching staff and based on meeting group expectations.
Senior swimmers are expected to fully commit to their training: 4+ practices per week.
- Athletes are expected to communicate directly with coaches (parents copied for awareness).
- Regular meet attendance, including championship-level meets, is expected to support both individual progress and team goals.

Next Step: **SR2**

Senior 2 (SR2) - HS & Championship Development

For high school swimmers preparing for championship racing and future SR1 expectations.

- Commitment to consistent practice and dryland
- Focus on technical skill refinement and training capacity
- Develop race strategies and pacing skills
- Compete regularly at local and championship meets
- Communicate directly with coaches (athlete-driven responsibility)

Additional Expectations:

- Placement is at the discretion of the coaching staff and based on meeting group expectations.
- Senior swimmers are expected to fully commit to their training: 6+ practices per week, Sat AM workouts, and multiple dryland sessions.

- Athletes are expected to communicate directly with coaches (parents copied for awareness).
- Regular meet attendance, including championship-level meets, is expected to support both individual progress and team goals.

Next Step: Senior 1

Senior 1 (SR1) - HS Performance & College Prep

Our highest level training group, designed for swimmers pursuing collegiate opportunities.

- Commitment to 6+ practices per week, plus dryland
- Goal standards: OSI A times through National-level cuts
- Athlete-led communication and accountability
- Compete consistently at state, regional, and national meets
- Preparing for the demands of college-level swimming

Additional Expectations:

- Placement is at the discretion of the coaching staff and based on meeting group expectations.
- Senior swimmers are expected to fully commit to their training: 6–7 practices per week, morning workouts, and multiple dryland sessions.
- Athletes are expected to communicate directly with coaches (parents copied for awareness).
- Regular meet attendance, including championship-level meets, is expected to support both individual progress and team goals.

Next Step: **College Swimming!**