

Group Criteria

Intro:

Intro group is an introductory level program for new and continuing swimmers. The emphasis is on strengthening the swimmer's body balance, and achieving a kick based freestyle and backstroke. An introduction to the basics of breaststroke, dolphin kick, flip turns, and diving will also be given before they transition to the Bronze group.

Before moving to Bronze coaches will be looking for

- Strong kick base and body balance for freestyle and backstroke
- USA swimming legal breaststroke kick
- Understanding of dolphin kick
- Consistent side breathing for freestyle
- Good listening skills, and are able to follow coaches instructions
- Can do 50's of freestyle with flipturns

Bronze:

Bronze group is our stroke development program. The curriculum continues to focus on strengthening their body balance in the water while improving their kick base for freestyle and backstroke. The introduction of breaststroke and butterfly technique are added to their stroke development. Bronze swimmers are introduced to sets using the pace clock. Race starts, open turns, and flip turns become a focus in this program.

Before moving to Silver coaches will be looking for:

- Strong kick base and body balance for freestyle and backstroke
- USA swimming legal breaststroke
- Underwaters with dolphin kick
- Flip turns for all freestyle and backstroke sets
- Open turns for all butterfly and breaststroke sets
- Knowledge of IMs, individual medley
- Can do 50 yards of all 4 strokes
- Understanding of sets using the pace clock
- Good listening skills, and are able to follow coaches introductions
- Must be 8 years old

Test sets to move to Silver group include:

6x 100 Fr @1:50/ 2:00 interval
3x 100IM @2:20/ 2:30 interval
8x 50 Fr @1:10/ 1:15 interval
4x 50 IMO @1:20/ 1:30 interval

Silver:

Silver group is our continued and more advanced stroke development group. In the Silver group we introduce a racing mindset with an introduction to competitive training. Silver begins their journey into dryland training. Silver group begins to work on longer sets, with an increase in aerobic training. More advanced drills for all 4 strokes will be introduced. Leadership is a big part of being a member of the Silver group. They learn about leading a lane, self responsibility within a group, and time management. All practices will include pace clock based sets.

Before moving to Gold group coaches will be looking for:

- Understanding of pace clock sets
- Knowledge of advanced drills taught in Silver
- Continuous 100 yards of swimming for all 4 strokes
- Excellent underwaters and streamlines
- Excellent open turns and flip turns
- Freestyle 100 yard training base of 1:30/1:40
- Freestyle 50 yard base training of :50/ 1:00
- Self responsibility within a group
- Championship mindset
- Leadership skills
- Must be 11 years old, or 10 years old with at least 2 Age group champs cuts

Test sets to move to Gold group include:

8x 100 Fr @1:30/ 1:40 interval

5x 100 IM @2:00/ 2:10 interval

10x 50 Fr @:50/ 1:00 interval

8x 50 IMO @1:15/ 1:30 interval

Gold:

The Gold group is designed to enhance the skills of year round swimmers who are proficient in all 4 competitive strokes. At this level an education element will be added to the program, including goal setting, time management, and mental strategies. Gold group members train with a championship mindset. They are introduced to, and begin preparing for the maturity and mental toughness of a Senior swimming program. Dryland training is an important element of the Gold group. They will learn the movements and exercises that will complement their swimming. Gold group members learn how to exercise in a weight room and how to respect the equipment.