

Gold Division: 11-12s

The Gold Division is for 11-12s. The primary focus of training in this Division is Developmental with the introduction of Training and Racing. The Gold Divisions is broken up into four levels: Gold 1, Gold 2, Gold 3, and Gold 4. Training varies by level but all key components of the Division will be covered in every group.

Gold 1:

Entrance Requirements

- Age—11-12 years
- Legally complete all four strokes
- Able to do the following: Dive/Start from block; flip turn; legal finishes
- Tight Streamlines
- 3-4 Dolphin Kicks off walls for Fly/Back; 3-4 Dolphin Kick off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Compete in meets (Coaches approval)
- Practice Attendance: 3x per week (65%-75% per month)

Practice Focus

- Can perform legal turns
- Has completed the USA Swimming dive progression
- Knows backstroke stroke count and uses the backstroke flags
- Consistently holds streamline and kicks 3 dolphin kicks
- Understands IM order and performs IM transitions
- Knows Drill Progressions

Gold 2:

Group Expectations

- Age—11-12 years
- Multiple 11-12 USA Swimming B Times
- Complete 6 x 100 Free @ 2:00
- Complete 4 x 100 IM @ 2:15
- Tight Streamlines
- 3-4 Dolphin Kicks off walls for Fly/Back; 3-4 Dolphin Kick off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Compete in meets (Coaches approval)
- Practice Attendance: 3-4x per week (75%-85% per month)

Practice Focus

- Drop and Push with 4 Underwater Dolphin Kicks
- Reads the Clock (Basic Intervals)
- Understand Legal Swimming
- Can perform legal turns consistently
- Can perform breathing patterns in practices
- Knows Drill Progressions

Gold 3:

Group Expectations

- Age—11-12 years
- Multiple 11-12 USA Swimming BB Times or 1 11-12 Junior Olympics Qualifying Time to enter this group
- Complete 8 x 100 Free @ 1:45
- Complete 3 x 200 IM @ 4:00
- Tight Streamlines
- 4 Dolphin Kicks off walls for Fly/Back; 4 Dolphin Kick off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Attends Championship Meet for season
 - Travel Meet Opportunities
- Practice Attendance: 4-5x per week (85%-90% per month)

Practice Focus

- Understands Drill Progressions for each stroke
- Can apply breathing patterns during practice/races
- Can perform 5 underwater dolphin kicks off wall during practices and sets
- Understands stroke counts for all 4 strokes
- Can perform legal 200 IM including turns
- Can perform relay exchanges
- Can calculate times by reading the clock

Gold 4:

Group Expectations

- Age—11-12 years
- Multiple 11-12 Junior Olympics Qualifying Times or 1 Far Western Qualifying Time
- Complete 8-10 x 100 Free @ 1:30
- Complete 3-5 x 200 IM @ 3:30
- Tight Streamlines
- 4 Dolphin Kicks off walls for Fly/Back; 4 Dolphin Kicks off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Attends Championship Meet for season
 - Travel Meet Opportunities
- Practice Attendance: 5x per week (90% per month)

Practice Focus

- Leaving walls correctly
- Knowing how to read the clock
- Stroke Development
- Knowing how to: build, pace, negative split, descend, best average, stroke count, all legal strokes
- Continue working on Starts and Turns
- Goal Setting