

## **Group Descriptions: Milpitas Aquatic Club 2022-2023**

### **Navy Division: 10Unders**

Navy Division is our 10unders. They are broken into 3 levels: Navy 1, Navy 2, and Navy 3. Our 10unders focus on Development based training; meaning at each level, all strokes are worked on and technique is enforced. Training varies by level but all levels focus on the objective of Smart Swimming.

#### **Navy 1:**

##### Entrance Requirements

- Age—10 years and younger
- Legally complete all four strokes
- Able to do the following: Dive/Start from block; flip turn; legal finishes
- Tight Streamlines
- Dolphin Kick off walls for Fly/Back/Free
- Learn breathing patterns in Fly/Free
- Compete in meets (under coaches approval)
- Listen and be attentive to coaches
- Practice attendance requirements: 3x per week (65%-80% per month)

##### Practice Focus

- Drop and Push with 4 Underwater Dolphin Kicks
- Begin to Read the Clock
- Understand Legal Swimming
- Understand Legal Turns
- Introduction to sculling/feeling water
- Introduction to Drill Progressions
- Focus on Head Position, Body Line, Foot Speed/DPS
- Introduction to breathing patterns (every 3 for free, every other for fly)

## **Navy 2:**

### Group Expectations

- Age—10 years and younger
- Multiple 10&U USA Swimming B Times or 1 10&U USA Swimming BB Time
- Complete 6x100 Free @ 2:30
- Complete 4x100 IM @ 2:45
- Tight Streamlines
- 4 Dolphin Kicks off walls for Fly/Back; 1-2 Dolphin Kick off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Compete regularly in meets
- Listen and be attentive to coaches
- Practice attendance requirements: 3-4x per week (75%-85% per month)

### Practice Focus

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

## **Navy 3:**

### Group Expectations

- Age—10 years and younger
- Multiple 10&U USA Swimming BB Times
- Training for Junior Olympics and Far Westerns
- Complete 6 x 100 Free @ 2:00
- Complete 4 x 100 IM @ 2:15
- 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
- Show leadership skills; listen and be attentive to coaches
- Practice attendance requirements: 4x per week (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 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

## **Platinum Division: 13-14s**

Platinum Division is for the 13-14s. As athletes get into the 13/14 age group, the training focus picks up. Development of all strokes is still a focus, but an increase in training occurs. The Division is broken into three levels: Platinum 1, Platinum 2, and Senior Prep.

### **Platinum 1:**

#### Group Requirements

- Age—13-14 years
- Legally complete all four strokes
- Able to do the following: Dive/Start from block; flip turn; legal finishes
- 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
- Compete in meets (Coaches approval)
- Practice Attendance: 3x per week (65%-75% per month)

#### Practice Focus

- Leaving walls correctly
- Learning how to read the clock
- Learning how to: build, descend and have streamlines
- Working on Starts and Turns Open to new concepts
- Goal Setting



## **Platinum 2:**

### Group Expectations

- Age—13-14 years
- Multiple 13-14 USA Swimming B Times or 1 13-14 USA Swimming BB Time
- Complete 8 x 100 Free @ 1:40
- Complete 4 x 200 IM @ 3:45
- Tight Streamlines
- 4-5 Dolphin Kicks off walls for Fly/Back; 4 Dolphin Kicks off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Compete regularly in meets
- Practice Attendance: 4x per week (75%-85% per month)

### Practice Focus

- Leaving walls correctly
- Knowing how to read the clock
- Knowing how to: build, pace, negative split, descend, best average, stroke count, all legal strokes
- Continuous work on Starts and Turns
- Willing to make technical changes
- Goal Setting

## Senior Prep:

### Group Expectations

- Age—13-14 years
- Multiple 13-14 USA Swimming BB Times/ Multiple 13-14 Junior Olympics Qualifying Times/ 1 Far Western Cut
- Working Towards Sectionals
- Complete 10 x 100 Free @ 1:20-1:30
- Complete 5 x 200 IM @3:00-3:30
- Tight Streamlines
- 5 Dolphin Kicks off walls for Fly/Back; 4 Dolphin Kicks off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Committed to attending 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
- Knowing how to: build, pace, negative split, descend, best average, stroke count, all legal strokes
- Continue working on Starts and Turns
- Willing to make technical changes
- Goal Setting

## Senior Division: 15+ Age Group

Senior Division is for our athletes above the age of 15. Athletes in this division have shown commitment to the sport either for their high school or aiming to swim in college. This is the highest performance based group at MAC. Currently, the senior program has one group.

### Senior:

#### Group Requirements

- Age—15 years old or summer after 9<sup>th</sup> Grade school year
- Complete 10 x 100 Free @ 1:20/1:30
- Complete 5 x 200 IM @ 3:00/3:30
- Tight Streamlines
- 5-7 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: 4x per week (70% per month)

#### Practice Focus

- Concepts of aerobic and anaerobic training
- Ability to change speed while maintaining stroke efficiency
- Maintains proper technique under increased training loads.
- Understands tempo, stroke rate, and stroke count; applies this to race strategies.
- Willing to make technical changes