

Platinum & Senior Prep Divisions: 13-14 Age Group

Platinum and Senior Prep Divisions are designated for the 13-14 age group. As athletes age out of the Gold Divisions we offer two tracks with each track consisting of two levels. The first track we offer is Platinum 1 progressing to Platinum 2, with the second track being Senior Prep 1 progressing to Senior Prep 2. Stroke development and refinement is still a main focus and priority in all four of these groups with an emphasis on building and increasing training capacity, deepening their understanding of the sport, inspiring more commitment toward practice attendance.

Platinum 1

This group serves as the introductory group for 13-14 year old swimmers who may be newer to the sport and are committed to improving their strokes and getting faster with the objective of progressing to Platinum 2 or even Senior Prep 1.

Group Requirements

- Age: 13-14
- Swim all 4 strokes legally
- Racing Start from the blocks
- Legal Turns & Finishes on all 4 strokes
- Demonstrates understanding of fundamentals of practice/races
 - Tight Streamline
 - Consistent Dolphin kicks(3) off walls
 - Breaststroke Pull Down
 - Maintain breathing pattern in Fly/Free
- Compete in meets (Coaches approval – at least 2 per season)
- Practice Attendance: 3x per week (65%-75% per month)

Practice Objectives

- Consistently leaving the walls correctly with a tight streamline & a minimum of 4 dolphin kicks
- Learning how to read the pace clock
- Learning & understanding basic practice methodology
 - Build, Descend, Ascend, etc.
- Increasing their understanding of the fundamentals of each stroke, starts, & turns
- Goal Setting

Platinum 2

This group serves as the stepping stone for those newer 13-14 year old swimmers who may have started with Platinum 1 or just aged up from a Gold Group

who are committed towards their athletic success or may have discovered a new found passion for this sport. Individuals in this group are working on stroke development and getting faster to prepare them for Senior Prep 1 or the Senior Group.

Group Requirements

- Age: 13-14
- At least 1x 13-14 USA Swimming B Time
- Complete 8x 100 Free @ 1:50
- Complete 4x 200 IM @ 4:00
- Demonstrates a comprehension of fundamental practice methodologies
 - Leave on the correct interval with little to no prompting
 - Consistent dolphin kicks(4) of walls
 - Breaststroke Pull Down
 - Maintain breathing pattern Free/Fly
- Compete regularly in meets (At least 1/month)
- Practice Attendance: 4x per week (75%-85% per month)

Practice Objectives

- Can successfully read a pace clock and leave on the correct interval
- Learning an understanding of more complex practice methodologies
 - Negative Split, Pace, Best Average, Stroke Count, Stroke Rate, etc.
- Can demonstrate an understanding of the fundamentals of each stroke including starts & turns
- Commitment to making technical changes on all 4 strokes, turns, and & starts
- Goal Setting

Senior Prep 1

This group is for our intermediate 13-14 year old swimmers who may have started with either Platinum Group or just aged up from one of the Gold Groups. Individuals in this group are continuing to work on stroke development as well as learning basic training and race strategies to help them get faster and prepare them for Senior Prep 2 or the Senior Group.

Group Requirements

- Age 13-14
- Multiple 13-14 USA Swimming B Times/ At least 1x 13-14 USA Swimming BB Time
- Complete 8x 100 Free @ 1:40
- Complete 4x 200 IM @ 3:30
- Demonstrates an understanding of various different practice methodologies

- Leave on the correct interval with little to no prompting
- Consistent dolphin kicks(4) of walls
- Breaststroke Pull Down with Dolphin Kick
- Maintain breathing pattern Free/Fly
- No Breathing on Breakouts/Inside Flags
- Compete regularly in meets (At least 1/month and BOTH days)
 - Attend Championship Meets if applicable
 - Attend Travel Meets if applicable
- Practice Attendance: 4-5x per week (~90% per month)

Practice Objectives

- Can successfully read a pace clock and leave on the correct interval
- Demonstrate an understanding of more complex practice methodologies
 - Negative Split, Pace, Best Average, Stroke Count, Stroke Rate, etc.
- Commitment to making technical changes on all 4 strokes, turns, and & starts
- Learn new training strategies and techniques
- Goal Setting

Senior Prep 2

This group is for our advanced 13-14 year old swimmers who may have started with Senior Prep 1 or have just moved up from Gold 4. Individuals in this group are continuing to work on stroke development as well as learning more advanced training and racing techniques to help them get faster and prepare for the Senior Elite Group.

Group Requirements

- Age 13-14
- Multiple 13-14 USA Swimming BB Times/ Multiple 13-14 AGC Qualifying Times/
At least 1 13-14 FW Qualifying Time
- Complete 8x100 Free @ 1:30
- Complete 4x200 IM @ 3:00
- Demonstrates an understanding of various different practice methodologies
 - Leave on the correct interval with little to no prompting
 - Consistent dolphin kicks(6) of walls
 - Breaststroke Pull Down with Dolphin Kick
 - Maintain breathing pattern Free/Fly
 - No Breathing on Breakouts/Inside Flags
- Committed to attending Championship Meets
- Attend Travel Meets
- Apply for All-Star Meets/Camps if applicable
- Practice Attendance: 5-6x per week (~95% per month)

Practice Objectives

- Can successfully read a pace clock and leave on the correct interval
- Demonstrate comprehension of more complex practice methodologies
 - Negative Split, Pace, Best Average, Stroke Count, Stroke Rate, etc.
- Commitment to making technical changes on all 4 strokes, turns, and & starts
- Begin to understand the mechanics of each stroke, starts, & turns
- Goal Setting