

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