

### **Age Group (AG):**

Swimmers entering the Age Group with an aim in learning all the skill sets in competitive swimming. This group's practice will introduce advanced, complete good stroke techniques. Workout hours increased notably in this group as the swimmers transit into competitive swimming.

#### Goals for the Age Group:

- Show willingness to learn
- Understand and enhance buoyancy, flexibility/agile response, explosiveness, body coordination, and the water fluidity
- Swim 200IM legally with correct stroke techniques
- Improve fluidity in turns and push-offs and increase the proficiency
- Start to use underwater kicking techniques
- Improve dive entry into water techniques
- Improve pacing and spiriting techniques
- Begin learning how to manage effort and intensity through practice
- Learn and improve goal setting skills
- Multiple age group gold times are required to stay in this group with a goal of achieving PNS champ time standards

