

Advanced Group 1 & 2:

Continue the practice guidelines from the Regional Group.

These two groups will enter more systematic, intensive, and advanced practices based on carefully monitored swimmers' physical condition and standardized stroke techniques. Both groups will continue to focus on deploying correct stroke techniques in each practice set to raise the swimmers' technical foundation and distance endurance. Striving to provide a demanding and comprehensive training program for the swimmers will be a goal in this group.

Swimmers with a positive attitude, a definite goal (like PNS Champ time), and a hard-working attitude with the potential to achieve it will be considered to enroll in these two groups.

To further refine the training environment and to max the excellent outcome,

Adv1 will enroll swimmers at a younger age but have already shown swimming potential and positive performance.

Adv2 will enroll swimmers at an older age. The coaching group will help the swimmers to define the training objectives and monitor their progress.

Swimmers from either group who show excellent training ability or potential will have the opportunity to move up to the Senior group.