



# Occoquan Swimming 2021-2022 Competitive Programs

Occoquan Swimming (OCCS) offers various options for swimmers of all ages, swimming backgrounds, and commitment levels. Each formulated group provides as specific of training as possible for each swimmer's needs.

Before deciding to join a particular group, please be sure you are clear about which level is best for your swimmer based on a coach's feedback (assessment or recommendation). If you sign up for the incorrect program, your swimmer will be moved to the proper level for their age and background during the first few weeks of the season



Start Now.  
Stay Focused.  
Finish Strong.



Visit Our Site & Register

703. 393. 2632  
[info@SwimOccs.org](mailto:info@SwimOccs.org)  
[www.SwimOccs.org](http://www.SwimOccs.org)



# 1 BUILD



Provides for different ages & groups within the team and ensures an environment that is fun, rewarding, & encouraging to provide individual attention to build a strong swimming foundation for future success.

## Medley.

Offers two age-based levels that provide a mix of enhancements in advanced skills & fitness challenges.



### Age:

**Medley 1:** 6-8 yrs old.  
**Medley 2:** 9-12 yrs old.



### Practice Options:

2-4 x /week.



### Practice Duration:

60 mins.



### Contract Duration:

9 months

An incoming athlete may skip the Build group if they have the proficiency to swim repetitively & legally at least 25 yds Butterfly, Breaststroke, Backstroke, & Freestyle; plus the requirement to swim 100 yds Freestyle & understand racing turns and dives.



Start Now.  
Stay Focused.  
Finish Strong.

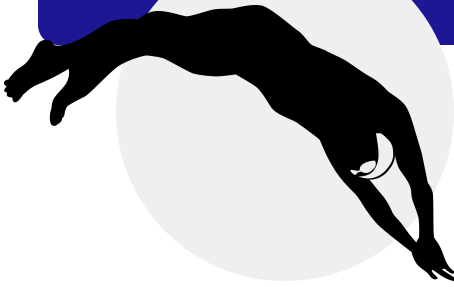
Visit Our Site & Register

703. 393. 2632  
[info@SwimOccs.org](mailto:info@SwimOccs.org)  
[www.SwimOccs.org](http://www.SwimOccs.org)



2

## GROW



The continued development of skills with attention to advanced skill instruction & the accumulation of new lessons in racing strategies.

### Advanced

Enlists the use of repetitive training & swimming distances with less rest to facilitate the fitness needed for swimming longer distances & faster speeds.



#### Age:

**Advanced 1:** 7-10 yrs old.

**Advanced 2:** 10-13 yrs old.



#### Practice Options:

3-6 x /week.



#### Practice Duration:

60 mins.



#### Contract Duration:

9 or 11 months

A swimmer may move from the Advanced group to the Junior Olympic group as long as they meet the training criteria & age requirements.



Start Now.  
Stay Focused.  
Finish Strong.

Visit Our Site & Register

703. 393. 2632  
[info@SwimOccs.org](mailto:info@SwimOccs.org)  
[www.SwimOccs.org](http://www.SwimOccs.org)



3

## COMPETE



Incorporates the highest level of training to progress towards more competitive success through additional challenges & expectations.

### Junior Olympic (JO)

Offers top swimmers with a path to age group swimming success at the highest levels in USA Swimming.



#### Age:

**Junior Olympic 10:** 9-11 yrs old.

**Junior Olympic 12:** 11-13 yrs old.

**Junior Olympic 14:** 13-15 yrs old.



#### Practice Options:

4-6 x /week.



#### Practice Duration:

90 mins.



#### Contract Duration:

9 or 11 months



Visit Our Site & Register



Start Now.  
Stay Focused.  
Finish Strong.

703. 393. 2632  
[info@SwimOccs.org](mailto:info@SwimOccs.org)  
[www.SwimOccs.org](http://www.SwimOccs.org)



# 4 LEAD



Builds great swimmers & provides for the framework, environment & reinforcement for encouraging exceptional students, citizens, & leaders in the sport.

## Senior & National Training Group

A comprehensive training & competition program geared towards college preparation & local, regional & national success.



### Age:

**Senior:** 13-18 yrs old.

**Senior Select:** 15-18 yrs old.

**National Training Group (NTG):** 15+ yrs old.



### Practice Options:

**Senior & Senior Select:** 6 x /week.

**NTG:** 8-9 x /week.



### Practice Duration:

**Senior:** 90 mins.

**Senior Select:** 90 mins + dryland practice.

**NTG:** 120 mins + dryland practice.



### Contract Duration:

Senior & Senior Select: 9 or 11 months



Start Now.  
Stay Focused.  
Finish Strong.

Visit Our Site & Register

703. 393. 2632  
[info@SwimOccs.org](mailto:info@SwimOccs.org)  
[www.SwimOccs.org](http://www.SwimOccs.org)