

# PRACTICE GROUPS

Swimming workouts for members are held on a daily basis Monday through Saturday and times vary by season. Check website for current schedules.

Practice Groups are divided according to age, ability and level of commitment. Within each group, each swimmer may be assigned a training lane with other swimmers of equal ability or approximate age. This allows for the appropriate physiological development of the swimmer and provides the best possible teaching environment. As a swimmer improves and is capable of increasing physical work, the swimmer may be assigned to a more advanced training group ONLY at the discretion of the Coaching Staff.

Swimmers should arrive to the pool 10-15 minutes before their practice is scheduled to begin to ensure they are prepared to start on time. All practice groups are asked to bring an extra towel and wear tennis shoes for dryland.

Swimmers are not discouraged from participation in other social, school, or athletic activities outside of OPST; we encourage this. Taking part in other activities allows our athletes to become well-rounded individuals and also helps teach time management skills. While swimmers are not required to attend every scheduled practice session in some groups, the more advanced training groups do have attendance requirements that must be met. Swimmers participating according to the practice guidelines set forth by the Coaching Staff will realize the greatest gains.

Parents may observe practice sessions from areas deemed appropriate. Parents are to stay in designated areas until practice is complete or otherwise directed by a Coach. **Our Coaches are always available to answer any questions when all practices conclude.**

Movement to the next practice group is at the discretion of coaches. OPST is currently restructuring for maximum benefit of swimmers. Coaches will re-evaluate season to season.

## Bronze

- Swimmers ranging from 6 to 10 years old
- Evaluations required: demonstrates the ability to be legal in 3 of the 4 strokes and side breathing for freestyle
- Introductory group to our team as well as young veterans
- Emphasis on mechanics of strokes, starts and turns
- Introduction to mini cardiovascular sets
- Learn teamwork, practice etiquette and behavior

### Group Goals:

Practice recommendations:	2-3 per week
Dryland Recommendations:	1 x per week
Recommended USA Swimming coach-approved meets:	at least 1-2 and a March Championship meet

## Silver I

- Swimmers ranging from 8 – 12 years old (younger only if approved)

- Demonstrates ability to be legal in all 4 strokes
- Emphasis on mechanics of strokes, starts and turns
- Interval training
- Equipment introduced
- All elements of Bronze Group included

Group Goals:

Practice recommendations:	3-4 per week
Dryland Recommendations:	2 x per week
Recommended USA Swimming coach-approved meets:	at least 2 and a March Championship meet

## Silver II

- Swimmers ranging from 8-13 years old
- Introduction to goal setting and swimmer/coach meeting
- Have demonstrated commitment to year-round swimming
- More detailed mechanics and stroke techniques
- Race Strategies
- All elements of Bronze and Silver I Groups

Group Goals:

Practice recommendations:	4 per week
Dryland Recommendations:	2 x per week
Recommended USA Swimming coach-approved meets:	at least 2 and a March Championship meet

## Gold

- Swimmers ranging from 12-18 years old
- Group Goals based on commitment; lanes to be determined by goals
- All elements of Bronze and Silver Groups

This group will include swimmers who fall into 1 of the following categories:

- 1) Committed to competitive, year-round, USA Swimming with goals to enter Platinum group

Group Goals:

Practice recommendations:	4-5 per week
Dryland Recommendations:	2 x per week
Recommended USA Swimming coach-approved meets:	at least 4 and highest qualified March Championship Meet

- 2) Swimmers still considering 100% commitment to swimming but have multiple commitments

Group Goals:

Practice recommendations:	2-4 per week
Dryland Recommendations:	1-2 x per week
Recommended USA Swimming coach-approved meets:	at least 2 and highest qualified March Championship Meet

3) High-School Prep – members of OPST that are competitive in training for High School Swim during applicable months.

Group Goals:

Practice recommendations:	2-4 per week
Dryland Recommendations:	1-2 x per week
Recommended USA Swimming coach-approved meets:	none but encouraged

**Platinum**

- This group is designed for swimmers most dedicated to the sport
- Elements of all other practice groups will be incorporated
- Swimmers must be swimming only (no other sports unless approved by coaching staff)
- All elements of Bronze, Silver and Gold practice groups

\*Group Goals:

Practice recommendations:	5-6 per week; and 100% practice attendance 2 weeks prior to meets
Dryland Recommendations:	2 x per week
USA Swimming coach-approved meets:	90% of coach approved USA Meets; to qualify for the highest possible USA Championship Meet

\*If practices drop to 4 for more than one week, a coach/swimmer meeting should be arranged by the swimmer

\* not meeting goals of Platinum, may result in immediate dismissal from this training group.