

24-25 Group Alignments

Coaches are ultimately responsible for the placement of swimmers into their designated groups. The placement of swimmers will ultimately be decided by what will best benefit them individually and the team as a whole. Our goal is to keep like minded athletes together to facilitate a more harmonious and productive training program. As always please feel free to reach out if you have any questions about your swimmers placement in a group. For groups with attendance requirements

***For groups that have attendance requirements please communicate any extenuating circumstance with your coach before extended periods of absence.**

Black (4-9 years old)

Minimum Group Entrance

- Swim 25 freestyle unassisted
- Swim 25 backstroke unassisted
- Able to follow Coaches directions

Group Focus

- Focus on building proper technique in:

1. Stroke
 2. Kick
 3. Bodyline
- Begin working on body awareness in the water and through our dryland strength program
 - Introduction of butterfly and breaststroke
 - Learning both flipturns and open turns
 - Intro to Competition (if desired)
 - Learning to use pace clock

Attendance Requirements

No requirements however the Black group covers the fundamentals of swimming so swimmers will see the most improvement with regular attendance.

Teal (9-14 years old)

Minimum Group Entrance

- Able to complete 50 of each stroke legally
- Be able to finish 200 freestyle without stopping
- Able to follow Coaches directions
- Able to do use pace clock for sets

Group Focus

- Continue to focus on improving stroke technique
- Begin to focus on:
 1. aerobic endurance

- 2. speed training
- 3. race details
- Continue working on body awareness in water and through strength program
- Improve strength, agility and coordination through dryland strength program
- Competition encouraged but not required
- Introduction of appropriate nutrition for young athletes

Attendance Requirements

No requirements but practice is highly recommended for those looking to improve their technique and performance. Attendance is taken into consideration when advancing swimmers to their next group.

Copper (8-14 years old)

Minimum Group Entrance

- Swim 500 freestyle with all flipturns and 3 kicks off every wall without stopping
- Able to compete in all 4 strokes and I.M legally with turns up to 200 yards
- Minimum of Regional Times or be able to complete 10x50s on :50 sec
- Competition Required

- Ready to take ownership and responsibility of their swimming and be self-disciplined during practice

Group Focus

- Continued improvement on stroke technique
- Begin working consistently on distance per stroke and stroke tempo
- Continued focus on dryland training to improve strength, coordination, body awareness and agility
- Work on season goal setting
- Big focus on race details i.e. pace control, starts, finishes and turns
- Regular participation in competitions
- Making Regionals, Age Group State, and Far Western Times
- Continued education on nutrition for young athletes and beginning to take ownership of food choices

Attendance

Swimmers in Copper must demonstrate commitment and take responsibility for their swimming. This group will **REQUIRE** 90% attendance.

Senior (13+)

Minimum Group Entrance

- Be able to swim 100 yards of all strokes without stopping with all turns and kicking out to the flags
- Be able to swim 800 yards with all turns and kicking out to the flags
- Be able to read a pace clock and follow Coach instructions

Group Focus

- Get ready for Regionals, Age Group State, Senior State and High School State
- Continue to work on improving:
 1. Stroke technique
 2. Race details
 3. Pace
 4. Distance per stroke
 5. Stroke tempo
- Season goal setting
- Increased focus on strength training
- Continued focus on self discipline and ownership of swimming performance

Attendance

Senior group has no attendance requirements. Swimmers looking to achieve season goals and those looking to advance to Senior Performance should aim to attend 90% of practices.

Senior Performance (12+)

Group Requirement

- Minimum of Regionals time for Swimmers 14+ but State or Sectionals time are preferred
- Must have Age Group or Senior State cuts if younger than 14
- Self motivated to accomplish goals
- Knowledge of strength training program and gym etiquette is **REQUIRED**
- Regular participation at swim meets
- Knowledge and accountability of proper nutrition to sustain athletic performance in young athletes is **REQUIRED**
- Demonstrate ability to follow swim sets as instructed by Coach

Group Goals

- Focus on achieving set season goals
- Working towards Age Group State, Senior State, High School State, Sectionals and Far Westerns
- Possibility of working towards Juniors and Futures
- Possibility of working towards College Swimming
- Continue to improve aerobic and anaerobic capacities
- Continued improvement on strength, agility, and coordination

Attendance

Maintaining at least 90% attendance is **REQUIRED** to stay in Senior Performance.