

LAKY Practice Groups



- Please be assured that all group placement decisions are meticulously made by our coaching staff, who have your child's best interests at heart, aiming to foster their long-term development. Numerous factors, such as age, maturity, ability, work ethic, attendance, best times, and a personal desire to improve, are taken into account during the selection process. While we understand the significance of practice time conflicts, friends, and carpool arrangements, these considerations will not override the primary criteria in making the final decision. Our dedicated coaching staff is committed to guiding your child's growth and passion for improvement throughout their swimming journey

Stingray Practice Groups

Jr. Stingrays- (8 & Under)

- Practice 3x a week
- This group is for 8 & under only
- The focus in this group is the fundamentals of swimming. Body alignment, body control, safe diving/ starting diving, all 4 strokes, turns, **Streamline & Underwater Dolphin kicking**
- Goals for this group-
 - to become legal in all 4 strokes, turns, & finishes
 - Get down the fundamentals of swimming (kicking & pulling)
 - compete in a 100 IM or Freestyle in a meet
 - Working hard but having fun
 - Foster a positive team atmosphere and team culture

Stingrays- (10 & under)

- Practice 3x a week
- Beginning to add more yardage into practices
- Still primarily drill work around fundamentals with an emphasis on speed work
- Diving and turns will be focused
- **Streamline and Underwater Dolphin kicking will be focused heavily**
- Requirements-
 - 9-10yr olds primarily with exceptions being evaluated on an individual basis
 - Has a basic understanding of all 4 strokes as well as turns
- Goals for this group-
 - Compete in multiple 100Y events at meets
 - Foster a positive team atmosphere and team culture
 - Build positive character traits
 - Becoming more familiar with swim lingo
 - Progressing in training ability throughout the season(s)

Medal Group Practice Groups

Bronze- (10 & under)

- Practice 4x a week for 1 hour and 15 minutes
- This group will build up more yardage and start to have longer sets
- I.M. will be a main focus
- **Streamline and Underwater Dolphin kicking will be focused heavily**
- Fundamentals in all aspects of swimming will be drilled daily
- Requirements-
 - 9-10yr old age group primarily with exceptions being evaluated on an individual basis
 - Able to swim all 4 strokes proficiently, including I.M.
 - Able to train for longer sets and more yardage
 - Has shown a strong work ethic and desire to improve
 - Can attend at least 80% of practice unless discussed with a coach
- Goals-

- Compete in a 200Y Freestyle and or I.M. in a meet
- Meet or come close to personal goals set at the beginning of the season
- Become more familiar with swim lingo
- Compete at the highest level championship they qualify for
- Progress towards Gold & Silver Group
- Foster a positive team atmosphere and team culture

Silver- (12 & under)

- Practice 4x a week for 1 hour and 15 minutes
- This group will begin training for longer events
- Sprinting/Speed work will be a focus
- Daily Drilling on stroke technique and fundamentals
- Focus on Turns & Dives
- I.M. will be focused
- **Streamline and Underwater Dolphin kicking will be focused heavily**
- Requirements-
 - 11-12yr old age group primarily with exceptions being evaluated on an individual basis
 - Can swim all 4 strokes proficiently
 - Able to swim for long durations
- Goals-
 - Meet or come close to personal goals set at the beginning of the season
 - Compete at the highest level championship they qualify for
 - Foster a positive team atmosphere and team culture
 - Progress toward Gold and Pre-Senior group
 - Have as much attendance as possible

Gold-(12 & under, *with time standards and or by Invitation only*)

- Practice 5x a week for 1 hour and 45 minutes, please communicate with coaching staff with any scheduling conflicts. *Attendance will Increase your chances of progressing at a consistent rate, it is highly recommended to come to as many practices as possible.*

- This practice group will begin to learn more complex movements and mental training such as Transition turns for I.M., Underwater Dolphin kicking, Various Freestyle Rhythm, Race strategy, Speed work, pacing, etc.
- **Streamline and Underwater Dolphin kicking will be focused heavily**
- I.M. Training will be focused on this group to continue progressing in all 4 strokes
- Choice Stroke will be Introduced, Swimmers will begin to hone into a stroke they excel in and focus it in particular training sets
- Distance training will start to increase in this group
- Requirements-
 - 11-12 yr old *9-10 yr old with an individual Zone cut will be considered for this group but will still be at the coaching staff's discretion*
 - Baseline practice time requirements-
 - Freestyle
 - Able to go under :36.00 in a 50Y Free in practice
 - Able to go under 1:20.00 in a 100Y Free in practice
 - Able to go under 2:45.00 in a 200Y Free in practice
 - I.M.
 - Able to go under 3:15.00 200Y I.M. in practice
 - Able to go under a 1:35.00 100Y I.M. in practice
 - Boys in this group will be required to wear a drag suit during practice unless told otherwise by the coaching staff
 - Tech suits will be worn for certain meets and during select practices at the end of the season to prepare for championship meets(They are strongly recommended but not required)
- Goals-
 - To compete in a 500Y Freestyle in a meet
 - To compete in a 200Y non-freestyle event in a meet
 - Compete in the 200 I.M. multiple times throughout the season
 - Progress toward Senior Groups
 - Foster a positive team atmosphere and team culture

Senior Group Practice Groups

The attendance requirements for Senior I & II are expected to be met. Please see your coach to plan for conflicts throughout the season. Although some swimmers will be competing for their High school team during part of the season, swimmers are still expected to meet attendance requirements. Again, see your coach to discuss meets and mandatory school practices that conflict with the practice schedule.

Pre-Senior- (13-14, *or by Invitation only*)

- Practice 5-6x a week for 1 hour and 45 minutes (Saturday Optional)
- This group will start to learn more complex technique work and start introducing even more yardage and longer sets.
- Becoming a proficient freestyler is a focus in this group as they work toward Senior II.
- I.M. work is still heavily focused on in this group
- **Streamline and Underwater Dolphin kicking will be focused heavily**
- Requirements-
 - 13-14 yr old group, 12 & under with 13-14 AA cut equivalent will be considered for this group but will still ultimately be at the coaching staff's discretion
 - Attendance is expected to be at least 70-80% unless discussed with a coach
 - It is expected to have a strong work ethic and to be as competitive as **individually** possible
 - Swimmers are to compete at the highest Championship meet they qualify for
 - Boys in this group are required to wear a drag suit during practice unless told otherwise by the coaching staff
- Goals
 - Progress toward Senior I&II
 - Compete at the highest qualifying championship meet
 - Meet or come close to personal goals set at the beginning of the season
 - Swim a 500Y or 1000Y Freestyle in a meet
 - Swim a 200Y non-freestyle event in a meet

- Foster a positive team atmosphere and team culture

Senior I - (13+ Older *with time standards, Or by Invitation only*)

- Practice 6-9x per week (9 practices offered)
- Senior I is primarily a High school age group with exceptions being evaluated on an individual basis
- A schedule for morning practices will be given out well in advance, these practices will vary from pool & dryland
- Swimmers in this group will receive training in all areas of competitive swimming- Distance, Sprinting, I.M., Underwaters, Turns, etc.
- **Streamline and Underwater Dolphin kicking will be focused heavily**
- As swimmers get older they will begin to primarily train for specific events they excel in and areas they gravitate towards
- The weakest stroke work will be a focus throughout. We believe it is important to become a well-rounded swimmer
- Requirements-
 - Swimmer has shown the ability to train at what is required
 - 13-14 yr old must have multiple AA cuts including a 200Y event or zone cuts in 2 or more events
 - Baseline Practice Time requirements-
 - Able to hold under :30 50Y Freestyle practice
 - Able to hold under a 1:00.00 in a 100Y Free in practice
 - Able to hold under a 2:05.00 in a 200Y Free in practice
 - **Being in this group is committing to swimming full-time.** Swimmers are expected to attend at least 90% of practice. Unless previously discussed with a coach
 - Sophomores & up are required to attend 2 doubles a week, younger swimmers in this group are not required doubles
 - Swimmers are expected to compete in the highest Championship meet they have qualified for (AA, Zones, Nationals)
 - Boys in this group will be required to wear a drag suit during practice unless told otherwise by the coaching staff
 - Committed to being a positive role model for younger teammates and spreading positive team culture

- Tech suits will be worn for certain meets and during select practices at the end of the season to prepare for championship meets(They are strongly recommended but not required)
- Goals-
 - The ultimate goal is to achieve an individual or relay National cut
 - Meet or come close to personal goals set at the beginning of the season
 - Continue to progress in all aspects of swimming
 - Score well for the teams' overall score at all meets participating in
 - Qualify for high-level meets (YMCA, USA, OHSAA, etc.)
 - Foster a positive team atmosphere and team culture
 - Be a role model for younger teammates

Senior // - (High school-aged swimmers)

- Practice 6x per week(same practice times offered as Senior I)
- Doubles are offered but are not required (highly recommended)
- Distance and Sprint work are evenly balanced throughout the season(s)
- **Streamline and Underwater Dolphin kicking will be focused heavily**
- Primary stroke is heavily focused so that swimmers may excel at their best event(s)
- I.M. work will be focused to progress and perfecting all 4 strokes
- Race strategy and mental training will be integrated into practices
- Requirements-
 - This group is high school age swimmers only
 - Attendance is expected to be at least 80% unless discussed with a coach
 - It is expected to have a strong work ethic and to be as competitive as one desire
 - Swimmers are expected to compete at the highest Championship meet they qualify for
 - Boys in this group are required to wear a drag suit during practice unless told otherwise by the coaching staff
- Goals-
 - Compete at the highest qualifying championship meet
 - Meet or come close to personal goals set at the beginning of the season
 - Progress toward Senior I if that is an individual goal
 - Foster a positive team atmosphere and team culture

