



2024 AAYM Makos Training Groups



	Blue 1	Blue 2	Yellow	Bronze	Silver	Gold	Platinum	High School Prep
Age	12 & under	12 & under	12 & under	8-12	10-14	12-18	14-18	12-18
Practices	T/Th: 4:30-5:15 pm	M/W: 4:30-5:15 pm	M/W: 4:30-5:30 pm	M-Th: 4:30-5:30 pm	M-Th: 5:30-7:00 pm	M-Th: 5:30-7:30 pm	M-Th: 5:30-7:30 pm	M-Th: 7:30-8:30 pm
					F: 4:30-6:00 pm	F: 4:30-6:30 pm	F: 4:30-6:30 pm	
					Dryland T/Th: 4:30-5:15 pm	Sat: 7:30-9:30 am	Sat: 7:30-9:30 am	
						Dryland T/Th: 4:30-5:15 pm	M/W/F: 5:15-6:45 am	
							Dryland T/Th: 4:30-5:15 pm	
Ability	Can swim Free legally	3 X 50 Fr @ 1:30	4 X 50 Fr @ 1:20	4 X 50 Fr @ 1:10	2 X 200 IM @ 3:45	3 X 200 IM @ 3:20	4 X 200 IM @ 3:00	Be a high school swimmer
	Can swim Back legally	3 X 50 Bk @ 1:30	4 X 50 Bk @ 1:30	2 X 100 IM @ 2:30	8 X 100 Fr @ 2:00	8 X 100 K @ 2:00	10 X 100 K @ 1:50	4 X 50 Fr @ 1:15
		6 X 25 K @ 1:00	4 X 50 K @ 1:40	6 X 50 K @ 1:30	6 X 100 K @ 2:30	8 X 100 Fr @ 1:30	10 X 100 Fr @ 1:20	4 X 50 K @ 1:40
Commitment	Learn to love the sport of swimming	Learn to love the sport of swimming	Be a positive teammate	Be a positive teammate	Be a positive teammate	Be a positive teammate	Be a positive teammate	Be a positive teammate
	Be a positive teammate	Be a positive teammate		Desire to participate in swim meets	60% attendance or better	70% attendance or better	80% attendance or better	
					Interest in USA swimming	Compete at the Regional Level	Compete at a State level	
						Goal of Qualifying for State	Goal of Qualifying for Nationals	
							Be a role model for teammates	
Goals	Proper free body position	Diving from the block	Reading a Pace Clock	Can swim a 100 of each stroke legally	Qualify for Regionals	Qualify for Senior State Meet	Qualify for Nationals	Qualify for HS State
	Proper back body position	Understanding of Flip Turns	Proper Fly Technique	Legal 200 IM	Legal 200 in all strokes	Introduction to season goals	1:15 T-30 Pace	
	breathing pattern and technique	legal fly kick	Proper Breast Technique	2 UW off walls	Introduction to distance events	1:20 T-30 pace	Qualify for finals at Championship meets	
	Streamline	Understanding of Short Axis Strokes	proper flip turns	Breast pullout	Interval training		Introduction to morning practice	
					Introduction to Dryland			
Next step	Blue 2	Yellow	Bronze	Silver	Gold	Platinum	College	Gold
Meets	Home meets	Home meets	Y meets	Y meets	Y meets	Home meets	Home meets	Y meets optional
			Y Champ Meet	USA Meets optional	USA Meets	USA Meets	USA Meets	Y Champ meet optional
				Y Champ Meet	Y Champ Meet	Mid season meet	Mid season meet	
				Regionals	Regionals	Y Champ meet	Y Champ meet	
					State	Regionals	Regionals	
						State	State	
							Nationals	