



HSA Practice Group Comparison Chart

Group	Typical Age Range	Initial Skills for group entry	Typical Coach to Swimmer Ratio	Coach in Water?	Skills Taught in Group	Dryland	Goal Setting	Practice Expectations/ recommendations	Meet Expectations/ recommendations
Intro to HSA	5-8 years old	Able to demonstrate a full non-stop 25 of freestyle and a demonstration of basic knowledge of backstroke.	8:1	everyday	Proper body position leaving wall: correct body position, pull pattern, kick pattern for each of the four strokes	no	no	2 times/ week recommended. Swimmers will only be on a M/W or T/Th schedule.	Monthly HSA mini-meets are recommended.
White	6-9 years old	Able to swim a non-stop 25 of Freestyle, Backstroke, Breaststroke, and Butterfly. Swimmers should also be comfortable in deep water. Able to thrive in a group instruction environment.	15:1	no	Continued development of all four strokes. Development of correct starts, turns, and finishes for each of the four strokes. Basic pace clock skills are also taught.	Introduction to body awareness and flexibility.	no	2-3 times per week recommended	Local and mini-meets are recommended. End of season championship meets are recommended as travel meets.
JD1	9-13 years old	An entry level group for older swimmers, as well as a continued development track for swimmers that need additional fundamental work, while maintaining an age appropriate peer group.	15:1	no	Proper stroke technique in all four strokes. Correct starts, turns, and finishes for each stroke. Basic pace clock work is taught. Basic training principles are also developed.	Dryland includes basic running and jumping introduction, along with work on flexibility and body awareness.	no	2-3 times per week recommended	Local and mini-meets are recommended. End of season championship meets are recommended as travel meets.
Red 1	8-10 years old	Able to swim all four strokes legally for at least 50 yards with correct turns, starts, and finishes. Know how to read a pace clock.	25:1	no	Continued development on proper stroke, start, turn, and finish technique for all four strokes. Clock skills and interval training are developed. USA Swimming IMR events are emphasized.	Dryland includes basic running and jumping introduction, along with work on flexibility and body awareness.	yes	Year round commitment suggested, although playing other sports is encouraged. 3-4 times per week recommended.	Local meets are recommended. December and March travel meets are also highly recommended.
JD2	11-14 years old	Able to swim all four strokes legally for at least 50 yards with correct turns, starts, and finishes. Know how to read a pace clock. This group is intended for those that are not able to meet attendance expectations for other groups, or may need more time to develop into their full potential, while maintaining an appropriate peer group.	25:1	no	Continued development on proper stroke, start, turn, and finish technique for all four strokes. Clock skills and interval training are developed. USA Swimming IMR events are emphasized. Time management outside of the pool along with swim training and competition.	Dryland includes basic running and jumping introduction, along with work on flexibility and body awareness.	yes	3-5 times per week recommended, no minimum requirement.	All HSA team meets are recommended. Championship meets are expected.
Red 2	10-12 years old	Able to demonstrate proficiency in all technique, starts, and turns for all four strokes. Also able to demonstrate proficiency in training skills like interval training, speed control, etc.	25:1	no	Continued work on proper stroke technique in all four strokes. Aerobic training principles are developed. USA Swimming IMX events are emphasized.	Dryland includes progressions of jumping, running, body weight exercises, and some medicine ball and tubing work. Proper recovery and nutrition concepts are discussed.	yes	Year Round commitment suggested, although playing other sports is encouraged. 4-5 times per week recommended. Minimum to stay in the group is 3 times per week.	all HSA team meets are recommended. Championship meets are expected.

Group	Typical Age Range	Initial Skills for group entry	Typical Coach to Swimmer Ratio	Coach in Water?	Skills Taught in Group	Dryland	Goal Setting	Practice Expectations/ recommendations	Meet Expectations/ recommendations
Blue	12-14 years old	Able and willing to train and compete year round, and compete on a regional and national scale.	30:1	no	Technique fine tuning is done, with an emphasis on racking skills such as underwater kicking. Advanced aerobic, threshold, and anaerobic training principles are introduced. Advanced racing strategy is discussed and implemented. USA Swimming IMX events are emphasized.	Dryland includes progressions of jumping, running, body weight exercises, and some medicine ball and tubing work. Proper recovery and nutrition concepts are discussed.	yes	A year round commitment of 4 practices per week is the minimum requirement. 5-6 practices is recommended.	All HSA team meets are highly recommended. Championship meets are expected.
SD	14-18 years old	Able to demonstrate an ability to swim all 4 strokes with proper turns and starts. Basic training skills such as understanding a pace clock are also expected.	30:1	no	Work on proper stroke technique for all four strokes. Aerobic, threshold, and anaerobic training principles are developed. High School and USA Swimming IMR events are emphasized.	Dryland training is an intergral part of the schedule, and includes running, jumping, medicine ball, body weight, and tubing exercises.	yes	3-5 times per week recommended, no minimum requirement.	Local meets are recommended. December and March travel meets are also highly recommended.
Junior	14-16 years old	Able to demonstrate an ability to train and compete at a regional and national level. Regional level meet qualifications is a minimum for group entry. Dedication to the sport is demanded of athletes in this group.	25:1	no	Seasonal training and racing plans are introduced. Continued education on racing skills and advanced training concepts. USA Swimming IMX events are emphasized, along with some stroke specialization.	Dryland training is an intergral part of the schedule, and includes running, jumping, medicine ball, body weight, and tubing exercises. Proper nutrition and recovery habits are expected.	yes	A year round commitment of 5 practices per week is the minimum requirement. 7 practices per week is highly recommended.	All HSA team meets are highly recommended. Championship meets are expected.
Senior	16-18 years old	Able and willing to train and compete year round, and compete on a regional and national scale. Senior sectional cuts are a minimum for group entry.	25:1	no	Seasonal and quadrennial training plans are followed. Racing skills development continues. USA Swimming IMX events are a base focus, with each athlete having some specializations in events.	Weight training is intergrated into the dryland program. Proper nutrition and recovery habits are expected.	yes	9 practices per week are offered, and swimmers are expected to attend all practices.	All HSA team meets are highly recommended. Championship meets are expected. Swimmers on a National meet track will have an alternative meet calendar at times.
Masters	19-109 years old	Swimmers from beginning to former collegiate swimmers are welcome.	20:1	no	Basic stroke and conditioning work on all levels is offered.	n/a	no	6 practices per week offered.	Masters meets are available regionally.