

# Copper Group

This is the entry level group into our competitive program. The goal of this group is to introduce swimmers and parents to the sport of competitive swimming.

Swimmers in this group will learn the basics of competitive swim training. The skills they'll focus on include all 4 legal competitive strokes, legal turns/finishes, diving, proper lane etiquette, and concepts of good sportsmanship.

Swimmers in this group will learn how to use fins and kickboards during practices.

Before swimmers progress from this group to the next they must understand the importance of a great streamline, how to legally swim all 4 strokes, how to circle swim during practices, and be able to listen to the coach during practices without talking or interrupting.

Swimmers must also complete a legal 100 Individual Medley (this does not have to be done in competition) before progressing to the next group.

# Bronze & Silver Groups

The goals of these groups are to build fundamentally sound swimmers by equipping them with the knowledge needed to sharpen their skills and achieve their potential. The primary emphasis in these groups is improving/perfecting technique in all four strokes.

Swimmers in these groups will learn how to use pull buoys, paddles, and snorkels during practices.

In these groups swimmers will begin competing in meets regularly. By competing, swimmers will be able to apply what they're learning at practices and show their progress more consistently.

Aerobic training will be introduced to the swimmers in these groups, and with that will also be the challenge of extending the distance in which swimmers can maintain great form and technique with all 4 competitive strokes.

Before swimmers progress from Bronze Group to Silver Group to they must understand how to properly read a pace clock, the concepts of building and descending, and know that a positive attitude needs to be brought to each and every practice in order to get the most out of them.

Bronze swimmers must also complete a legal 100 of each competitive stroke and a legal 200 Individual Medley in swim meets before progressing to the Silver Group.

# Gold Group

This is the top performance group of our program. Before joining this group swimmers must have achieved at least six 13-14 year old "BB" USA Swimming Motivational Standards or better. Achieving a "BB" standard in two separate competitive courses will only count as one achieved standard.

The goal of this group is to continue building fundamentally sound swimmers. The primary training emphasis in this group is to introduce swimmers to a Senior Training Regimen while continuing to improve/perfect technique all four strokes and expand on swimmers' aerobic conditioning.

Swimmers in this group will learn advanced concepts of efficiency and begin specializing in competitive events while continuing to improve in all strokes.