

FUTURE CHAMPIONS (Ages 3 – 8)

Description- This is our introductory class to year-round swimming. This class is 45 minutes and will meet twice a week in the mid – morning or afternoon. Check the schedule for offered times.

This group will practice mainly in the shallow end or lanes at the Aquatic Center
Click on the “Future Champions” Tab at the top of our website to sign up for this class.

Goals- Students will learn to be comfortable in the water, to balance in the water, and to swim independently. The goal is for swimmers to learn to love the water and the sport of swimming through skill development and having fun!

Equipment:

- Goggles
- Swimming cap for swimmers with longer hair
- Fins (optional)

Requirements: Able to listen and follow directions

Skills taught in class:

- Bobs
- Floating
- Kicking on noodle/ kick board
- Kicking on back
- Rolling from front to back
- Kicking on side
- Freestyle foundations
- Backstroke foundations
- Sitting dives
- Jumping into pool and safely swimming to the wall

SPARKS 2 (Ages 5 -9)

Description: This group is for swimmers concentrating on further developing their swimming technique. We will introduce the concept of building endurance in this group. They will begin to learn the rules of competitive swimming, lane etiquette, and sportsmanship. They will continue to progress their skills, technique and endurance utilizing drills, longer swimming sets and start and turn instruction. This group may practice in the deep end or lanes.

Group Goals: The goal of this group is to introduce the swimmer to competitive swimming while continuing to keep swimming fun.

Practice/meet requirement: These swimmers do not have a practice requirement. But, attending practice regularly will ensure the swimmers learn the skills needed to swim in their first competition and to make friends. Meets are not required but are highly encouraged once the swimmer is ready. Ask a coach if you are unsure if your child is ready for a swim meet.

Group Equipment Requirements:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swimming cap for swimmers with longer hair
- Fins

Criteria to join group:

- Swimmers must be ages 5-9
- Swimmers must be able to swim 25 yards independently of any type of stroke,
- Swimmers must be able to listen and follow instructions
- Swimmer must be developmentally ready to swim longer distances

Criteria to move to next level of swimming:

- Swimmers must be ages 6-9
- Swimmers must be able to swim 50 yards independently of freestyle (with correct breathing technique) and backstroke.
- Swimmers must have a concept of breaststroke and butterfly
- Swimmers must be able to listen and follow instructions
- Swimmer must be developmentally ready to swim longer distances

SPARKS 1 (Ages 6 -9)

Description: This group is for swimmers concentrating on further developing their swimming endurance while increasing their technical skills. Swimmers have a firm grasp on freestyle and backstroke. Butterfly and breaststroke fundamentals are being developed in this group. They will continue to progress their skills, technique and endurance utilizing drills, longer swimming sets and starts and turn instruction. This group may practice in the deep end or lanes.

Group Goals: The goal of this group is to expand on the swimmer's knowledge of competitive swimming, while having fun and working hard.

Practice/meet requirement: These swimmers do not have a practice requirement. But attending practice regularly will ensure the swimmers learn the skills needed to improve and to make friends. Meets are not required but are highly encouraged to keep the swimmer engaged. All Swimmers in this group can participate in swim meets!

Group Equipment Requirements:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swimming cap for swimmers with longer hair
- Fins

Criteria to join group:

- Swimmers must be ages 6-9
- Swimmers must be able to swim 50 yards independently of freestyle and backstroke with correct breathing position.
- Swimmers must have a concept of breaststroke and butterfly
- Swimmers must be able to listen and follow instructions
- Swimmer must be developmentally ready to swim longer distances

Criteria to move to next level of swimming:

- Swimmer must have competed in at least 1 USA Swimming sanctioned swim meets
- Swimmer must have passed diving progression per USA Swimming and be able to perform standing dive from block into streamline.
- Swimmer must demonstrate ability to circle swim

- Swimmer must be motivated to come to practice, listen and do what the coach is asking.
- **Move up sets:**
 - 10 x 25 freestyle on :50
 - 5 x 50 flutter kick on 2:45
 - 100 IM – mostly legal

FIREBOLTS 3 (Ages 9 – 12)

Description: This group is for novice swimmers (little / no competitive swimming experience) concentrating on developing proper swimming technique and skills. Swimmers will be introduced to the basic skills associated with competitive swimming. They will learn how to be comfortable in the water on their front, back, side and upside down. Basic skills will be learned in order to properly perform streamline, starts, flip turns, open turn, and the 4 competitive strokes. Swimmers in this group will be introduced to the rules of competitive swimming and circle swimming.

Group goals: The goal of this group is for the swimmers to learn to love swimming, to have fun and to develop the skills needed to become a competing member of the swim team. They will work on perfecting their freestyle and backstroke technique while learning the foundations of butterfly and breaststroke

Practice/Meet Requirement: These swimmers do not have a practice requirement. But attending practice regularly will ensure the swimmers learn the skills needed to progress in their swimming careers, have fun and make friends. Meets are not required. If you're are curious as to whether your swimmer is ready to compete please talk to their coach.

Group Equipment Requirements:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swim cap for swimmers with longer hair
- Water bottle
- Fins
- Kick Board (Optional)

Criteria to join group:

- Swimmers must be ages 9-12
- Swimmers must be comfortable putting face in water
- Swim 25 yard independently of any stroke
- Swimmers must be able to listen and follow instructions

Criteria to move to next level of swimming:

- Swimmers must be able to listen and follow directions, listens to the coach and tries to improve, and is courteous to the other swimmers.

- Swimmers must be developmentally ready to swim longer distances
- Swimmers must have a strong grasp on butterfly and breaststroke.
- Swimmer must have passed diving progression per USA Swimming and be able to perform standing dive from block into streamline.
- Move up sets:
 - 10 x 50 freestyle on 1:30
 - 5 x 50 kick on 2:00
 - 100 IM legal

Firebolts 2 (Ages 8 – 12)

Description: This group is for swimmers continuing to develop their swimming technique and endurance. Swimmers will build on the basic skills associated with competitive swimming they learned in sparks 2 / firebolts 3, such as stroke technique, lane etiquette, and sportsmanship. They will continue to progress their skills, technique and endurance utilizing drills, longer swimming sets and start and turn instruction. This group may practice in the deep end or lanes. Dryland will be introduced to the swimmers in this group.

Group goals: Goals of this group is for swimmers to become familiar with USA Swimming motivational times, IMX challenge and qualifying swim meets. Swim 3 x 200 IM legally on :20 seconds rest. Perform an efficient dive start, backstroke start and flip turn. Compete in Snake River Championship meets (requires qualifying time).

Practice/Meet Requirement: These swimmers do not have a practice requirement. It is encouraged they make as many practices as possible. Swimmers who attend practices regularly are more likely to qualify for championship meets, reach higher levels of motivational times, make friends and develop/maintain proper swimming technique. Meets are not required but highly encouraged. One of the goals for this group is to compete in a championship meet requiring qualifying times.

Group Equipment Requirements:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swimming cap for swimmers with longer hair
- Water bottle
- Fins
- Kick Board(optional)

Criteria to join group:

- Swimmers must be able to listen and follow directions, listens to the coach and tries to improve, and is courteous to the other swimmers.
- Swimmers must be developmentally ready to swim longer distances
- Swimmers must have a strong grasp on butterfly and breaststroke.
- Swimmer must have passed diving progression per USA Swimming and be able to perform standing dive from block into streamline.

- Move up sets:
 - 10 x 50 freestyle on 1:45
 - 5 x 50 kick on 2:00
 - 100 IM legal

Criteria to move to next level of swimming:

- Swimmers demonstrates understanding of distance per stroke and tries to improve
- Swimmer performs quality starts, turns and streamline
- Swimmers has individual goals they are trying to reach and are committed to attending practice.
- Swimmer listens, works hard and is continually trying to better their swimming skills
- Move up sets:
 - 10 x 50 free on 1:05
 - 5 x 100 kick on 2:30
 - 3 x 100 IM on 2:15

FIREBOLTS 1 (Ages 10 – 12)

Description: This group is for swimmers motivated by individual and team goals. They are trying to qualify for age group regionals, age group zones.

Group goals: Goals of this group is for swimmers to reach an A time or better in the motivational time standards and then qualify for Age Group Sectionals all while improving swimming technique and good distance per stroke.

Practice/Meet Recommendation: Consistent practicing is very important to swimmers in this group. Dry land practices are required for this group. A meet every 4 – 6 weeks is recommended

Age	Weekly Work-out number minimum
9-10	3-5
11 - 12	4-6

*If for any reason practices cannot be met please talk to the coach

*Additional practices may be required based on swimmers individual goals

Group Equipment Requirements:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swimming cap for swimmers with longer hair
- Water bottle
- Fins
- Small paddles
- buoy
- Kick Board

Criteria to join group:

- Swimmers demonstrates understanding of distance per stroke and tries to improve
- Swimmer performs quality starts, turns and streamline
- Swimmers has individual goals they are trying to reach and are committed to attending practice.

- Swimmer listens, works hard and is continually trying to better their swimming skills
- Move up sets:
 - 10 x 50 free on 1:05
 - 5 x 100 kick on 2:30
 - 3 x 100 IM on 2:15

Criteria to move to next level of swimming:

- The swimmer will move to the group when they turn 13 or begin 7th grade. Group depends on ability of the swimmer and commitment level.

Pre - Senior (Ages 12 and over or 7th grade)

Description: This group is for swimmers who are 12+ but just beginning their swimming career with a USA Swimming team or who have not reached a B time standard. Swimmers will learn the drills the team uses, appropriate starts and turns, the 4 competitive strokes, competitive swimming rules, efficient distance per stroke, lane etiquette, how to set good goals and how attitude does not just effect themselves but effects their teammates.

Group goals: Swim a 200 IM legally, perform efficient swimming, demonstrate a positive attitude and good sportsmanship. Compete at 2 USA Swimming sanctioned swim meets.

Practice/Meet Requirement: These swimmers do not have a practice requirement. But, Swimmers who attend practices regularly are more likely to qualify for championship meets, reach higher levels of motivational times, develop a training group of friends and develop proper swimming technique. Meets are not required but highly encouraged.

Group Equipment:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swimming cap for swimmers with longer hair
- Water bottle
- Fins

Criteria to join group:

- Swimmers must be in 7th grade
- Swimmers must be able to swim 50 yards independently of freestyle and backstroke
- Swimmers must be willing to learn team drills
- Swimmers must be able to listen and follow directions, listen to the coach, tries to improve, and is courteous to the other swimmers.

Criteria to move to next level of swimming:

- Swimmer performs quality starts, turns and streamline
- Swimmers has individual goals they are trying to reach and are committed to attending practice
- Swimmers are developmentally ready to train at higher intensities.

- Sets to move up:
 - 10 x 100 freestyle on 2:00
 - 5 x 100 kick on 2:15
 - 5 x 100 IM on 3:00

SENIOR 2 (12 and over or 7th grade)

Description: This group is for swimmers who are 13+ who have some competitive swimming experience. This group of swimmers is still working on improving their technique. They are just beginning to start training at higher levels.

Group goals: Swimmers are focused on improving their technique, their efficiency in the water, balance in the water, and Distance per stroke. Swimmers are not only encouraged to train and reach their goals in swimming but also to achieve high standards of academics. A balance between family, school, training, nutrition and sleep will try to be met by helping the athletes set goals and develop good time management skills.

Practice/Meet recommendation: practicing is very important for the success of these athletes. It is recommended that these swimmers practice 3 – 5 times per week. Dry – land practices are also recommended for this group. Attending a meet every 4- 6 weeks is recommended.

Group Equipment Requirements:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swimming cap for swimmers with longer hair
- Water bottle
- Paddles
- buoy
- Fins
- Kick Board (optional)

Criteria to join group:

- Swimmers must be ages 12/ 7th grade
- Swimmer performs quality starts, turns and streamline
- Swimmers has individual goals they are trying to reach and are committed to attending practice
- Swimmers are developmentally ready to train at higher intensities.
- Sets to be in the group:
 - 10 x 100 freestyle on 2:00
 - 5 x 100 kick on 2:15
 - 5 x 100 IM on 3:00

Criteria to move up:

- Swimmers must be showing up to Senior 2 practices consistently, working hard and are leading the lanes in the Senior 2 group.
- They must show consistent good technique in all for strokes, starts, and turns.
- They must demonstrate a positive attitude and leadership skills.
- Sets to move up:
 - 10 x 100 Freestyle on 1:40
 - 5 x 100 kick on 2:00
 - 5 x 100 IM on 2:00

SENIOR 1 (13 and over or 7th grade)

Description: This group is for swimmers who are 13+ who have a lot of competitive swimming experience. This group of swimmers are trying to reach the next level of swimming. They have goals to perform well at the high school and regional level.

Group goals: The goal of this group is to reach personal goals, a higher level of swimming, and to continue to develop efficiency in the water, maintain technique and increase speed and strength. Swimmers are not only encouraged to train and reach their goals in swimming but also to achieve high standards of academics. A balance between family, school, training, nutrition and sleep will try to be met by helping the athletes set goals and develop good time management skills.

Practice/Meet recommendation: practicing is very important for the success of these athletes. It is recommended that these swimmers practice 4 – 5 times per week. Dry – land practices are also recommended for this group. Attending a meet every 4- 6 weeks is recommended.

Group Equipment Requirements:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swimming cap for swimmers with longer hair
- Water bottle
- Paddles
- buoy
- Fins
- Snorkel

Criteria to join group:

- Swimmers must be ages 13+
- Swimmers must be showing up to Senior 2 practices consistently, working hard and are leading the lanes in the Senior 2 group.
- They must show consistent good technique in all for strokes, starts, and turns.
- They must demonstrate a positive attitude and leadership skills.
- Sets to move up:
 - 10 x 100 Freestyle on 1:40
 - 5 x 100 kick on 2:00

- 5 x 100 IM on 2:00

Criteria to move up:

- Swimmers must be 14 + Years old.
- Swimmers must be showing up to Senior 1 practices consistently, working hard and are leading the lanes in the Senior 1 group.
- Swimmers must be ready to commit to attending 6 – 7 practices per week + plus dryland practices.
- Swimmers must have good time management skills so they can be successful in the pool and out, finding a good life balance.
- Sets to move up:
 - 10 x 100 Freestyle on 1:30
 - 5 x 100 kick on 1:50
 - 3 x 200 IM on 3:00
 - 2 + BB time standards

LIGHTNING (14 and over)

Description: These groups are for swimmers 14 and over who have chosen swimming as their main sport. The swimmers in this group have had some success on the local and state level and are striving to achieve a higher level of success. Swimmers are striving to achieve Age Group Regionals, Senior Sectionals, Senior Zones, and JR. Nationals time standards.

Group goals: Goal of this group is to reach personal goals, a higher level of swimming, and to continue to develop efficiency in the water, maintain technique and increase speed and strength. Swimmers are not only encouraged to train and reach their goals in swimming but also to achieve high standards of academics. A balance between family, school, training, nutrition and sleep will try to be met by helping the athletes set goals and develop good time management skills.

Group Requirements: Athletes in this group are dedicated to their success and are held to a higher standard of commitment

- 6 practices per week
- 2 dry-land/cross-fit sessions per week
- 1 meet per month
- Group and individual meetings with the coaches
- Journaling/goal setting

*Practice requirements are set at a minimum requirement. Swimmers can come to more than required.

*If for any reason practices cannot be met please talk to the coach

*Additional practices may be required based on swimmers individual goals

Group Equipment Requirements:

- One piece swimming suit for girls, jammer or racer suit for boys
- Goggles
- Swimming cap for swimmers with longer hair
- Water bottle
- Paddles
- buoy
- Fins

- Snorkel
- Socks
- Drag suit

Criteria to join group:

- Swimmers must be ages 14+
- Swimmers must have BB time or better
- Swimmers must be able to swim 400 IM under 5:45
- Swimmers must demonstrate a positive, hardworking attitude
- Swimmers must be able to listen and follow directions, listens to the coach, tries to improve, and is courteous to the other swimmers.
- Swimmers must be showing up to Senior 1 practices consistently, working hard and are leading the lanes in the Senior 1 group.
- Swimmers must be ready to commit to attending 6 – 7 practices per week + plus dryland practices.
- Swimmers must have good time management skills so they can be successful in the pool and out, finding a good life balance.
- Sets to move up:
 - 10 x 100 Freestyle on 1:30
 - 5 x 100 kick on 1:50
 - 3 x 200 IM on 3:00