

## Gold Group:

The Gold Group continues to focus on efficient stroke technique development as well as an increase in aerobic training. Swimmers in this group are expected to compete at regional meets with strong qualifying times.

### Requirements:

- 11–13 years of age.
- Achieved at least three or more age group BB times
- Coaches' recommendations
- 9–10 year old swimmers can be promoted to the Gold group if two or more USA Swimming AA times have been achieved.

### Test sets to be in Gold group:

- 10X100 free on 1:30
- 5X200 IM on a 3:30
- 10X25 kick on :30

### Goals:

- Focus on technical training and competitive experience
- Target US Swimming National Age Group Motivation Time standard A or higher in multiple events

### Expectations:

- Strong commitment to swimming
- Pay attention to instructions during practice
- Focus on learning and working technical drills
- Have a good work ethic and be willing to challenge self
- Have strong ability to manage your time wisely between school, swim, family, and social activities
- Have a positive attitude and encourage your teammates during practice and meets
- Demonstrate leadership on and off the deck
- Promote a healthy lifestyle through diet and sleep
- Set goals for advancement to the next level

### Practice Attendance:

- Minimum of 4 practices per week

### Meet Attendance:

- Minimum of 8 meets per year; encouraged to commit to all team meets
- Mandatory attendance at Championship meets