

## O'NEAL ROSTER GROUP INFORMATION

Swim Group	Description	Attendance	Requirements to Move-up to Next Group
<b>MAKO</b>	The goal of this group is to teach athletes entering the sport the skills and techniques in a style that is fun and beneficial for long- term growth in the sport. Swimmers will refine the four strokes, learn flip turns, starts and all the basic FUNdamentals of swimming.	2 days/week	<ul style="list-style-type: none"> <li>• All 4 strokes legal as well as starts and turns</li> <li>• Stellar practice and meet attendance</li> </ul>
<b>SWORDFISH</b>	In this group, technical development of strokes continues while also focusing on endurance and speed. Swimmers will start to learn the more technical aspects of the sport and strokes. Aerobic training begins.	4 days/week	<ul style="list-style-type: none"> <li>• Lane leader</li> <li>• Understands intervals</li> <li>• Stellar practice (85%) and Meet attendance</li> <li>• 10x50 free on 1:00; 10x100 on 1:45</li> <li>• 5x200 free doing all flip turns 2-4-2</li> <li>• Performance Room</li> </ul>
<b>GREAT WHITE</b>	In this group technical development of strokes continues while also focusing on endurance and speed. As a transition group into Senior, the focus will be on interval training and developing speed. Aerobic training increases.	5 days/week	<ul style="list-style-type: none"> <li>• Age is a factor</li> <li>• Committed to 85% practice attendance</li> <li>• 10x50 on 0:45</li> <li>• 10x100 free on 1:25</li> <li>• To be invited in Senior group, swimmers must be able to commit to morning and evening practice and 100% Performance Room (PR) is REQUIRED</li> </ul>
<b>SENIOR</b>	In Senior group, athletes will continue to progress while also taking ownership of their goals and results. In this group, swimmers will master racing strategies and learn proper performance preparation while continuing to fine tune their techniques. Aerobic training increases.	90 % attendance PR is MANDATORY	<ul style="list-style-type: none"> <li>• Invitation Required</li> <li>• Must have a Senior Champs Time or faster</li> <li>• 90% attendance is Mandatory</li> </ul>
<b>SENIOR ELITE</b>	In Senior group, athletes will continue to progress while also taking ownership of their goals and results. In this group, swimmers will master racing strategies and learn proper performance preparation while continuing to fine tune their techniques.	90 % attendance PR is MANDATORY	

Please note: • Once group placement is determined, you are not allowed to attend other groups' practice without an invitation or discussion with coaching staff. • When your swimmer is ready to move up, a coach will contact you with information.