

CCAT Swim Group Requirements

Bronze B

Description: This group is the entry point for Clearfield City Aquatics Team. In this group swimmers refine the stroke techniques developed as part of a learn-to-swim or pre-competitive program while increasing their fitness and developing correct training habits. Bronze swimmers attend three 60-minute sessions per week.

Goals: Drill expansion and improvement, refinement in technique and efficiency, early interval training development, and goal setting. This is to be done in a manner that teaches swimming strength as well as enjoyment of the water.

Entry Requirements:

- 25 yards of Freestyle with side-breathing
- 25 yard of Backstroke with correct kicking technique
- 5 yards of LEGAL Breaststroke and Butterfly
- Basic knowledge of dives, some development/learning of flip/open turns recommended
- Ability to listen and follow instructions
- Must attend at least 2 practices a week
- Commitment to swim meet participation, attending swim meets at least once every two months

Equipment: Goggles, Practice suit and team suits, long fins, Finis hand paddles, snorkel, pull buoy, kick board, mesh bag, water bottle

Skills needed to level up:

- Must demonstrate ability to swim 25 yards of all four strokes legally
- Ability to swim 100 IM legally and continuously
- Flip turns & Open turns
- Must be able to start off blocks
- Swim 200 yards continuously while utilizing flip turns
- Ability to read Pace Clock
- Swim meet participation

Bronze A

Description: In this group swimmers continue to further refine their stroke technique while increasing their fitness and developing correct training habits. Bronze A swimmers attend three 60-minute sessions per week.

Goals: Drill expansion and improvement, refinement in technique and efficiency, interval training development, race plans, and goal setting. This is to be done in a manner that teaches swimming strength as well as enjoyment of the water.

Entry Requirements:

- Satisfactory completion of Bronze B exit requirements

Equipment: Goggles, Practice suit and team suits, short fins, hand paddles, snorkel, pull buoy, kick board, mesh bag, water bottle

Skills needed to level up:

- Demonstrates ability to listen, apply, and execute Coach instructions
- Demonstrates strong work ethic, limiting distractions and maximizing pool time and participation (i.e., not skipping sets, frequent bathroom/water breaks and other disruptive behavior)
- Demonstrates ability to read and follow set instructions and execute sets using correct intervals and pace per clock
- Consistently executes race quality push offs, streamlines, and finishes using the correct legal finish/turn per stroke
- Swimmer is progressing toward B times per USA Swimming Motivational Time Standards
- Swim meet participation of at least 1 meet every 2 months

Silver

Description: In this group swimmers continue to further refine their stroke technique while increasing their fitness and developing correct training habits. The distance covered and difficulty of training sessions increases. Race Pace training is introduced. Goal setting is also introduced with Utah Age Group State qualification becoming a target. Members of this group should attend a minimum of 3 training sessions each week. While 3 training sessions per week is the minimum required for this group, an attendance commitment of 85% will be required to advance to the gold group.

Goals: Refine technique and efficiency, begin aerobic development, promotion of distance free and I.M. training, race tactics, detailed goal setting, time management

Entry Requirements:

-Satisfactory completion of Bronze A exit requirements

Equipment: Goggles, Practice suit and team suits, short fins, hand paddles, snorkel, pull buoy, kick board, mesh bag, water bottle

Skills needed to level up:

-Swimmer demonstrates strong work ethic, limiting distractions and maximizing pool time and participation

-Continues to demonstrate and improve upon race quality starts, streamlines, underwaters, turns and finishes performing all according to USA Swimming rules and regulations at practice and at meets

-Swimmer demonstrates advancement and stroke refinement of breaststroke and butterfly

-Swimmer has B times per USA Swimming Motivational Time Standards and progressing toward State Qualifying times.

-Swim meet participation as team schedule permits (ideally one meet per month which will vary due to outside constraints). Athletes should be participating in IMR/IMX qualifying events per age group.

Gold

Description: Athletes aim to compete successfully at State and achieving National Age Group Time Standards AA or higher. Refines stroke techniques and conditioning. Athletes who display excellent practice habits, mental disciplines, strong work ethic, and consistent attendance will be considered for the Gold Group. During training phases of the training cycles, swimmers at this level are expected to attend 4-5 sessions each week or make arrangements with Coach. Head Coach must approve entry into this group.

Goals: Refine technique and efficiency, more advanced aerobic development, promotion of distance free and I.M. Training, race tactics, detailed goal setting using logbooks, heart rate monitoring, Introduction to energy system training, time management.

Entry Requirements:

- Satisfactory completion of Silver exit requirements
- Swimmers have achieved B times and are progressing or achieved State Q times and above
- Swimmers are expected to regularly attend meets offered and demonstrate continued learning and improvement during races. Athletes should be participating in IMR/IMX qualifying events per age group.

Equipment: Goggles, Practice suit and team suits, short fins, hand paddles, snorkel, pull buoy, kick board, mesh bag, water bottle