

H2okie Aquatics – Stroke School Descriptions

Stroke School 1 (SS1)

Approximate Age Range: Ages 5-7

Practices Offered: Offered 2-3 times per week

Duration: 45 Minutes

Attendance:

- No attendance requirement
- Recommended minimum of 2 classes per week

Swim Meets:

- Participation in Stroke School Meets is strongly encouraged so swimmers can track their progress and begin understanding the process of a swim meet
- Parents interested in having their child compete in a sanctioned USA Swimming meet should consult with a coach

Requirements to enter Group:

- Must be able to swim 20 yards unassisted before entering SS1
- Swimmers not able to swim 20 yards unassisted can consult with a coach for swim lesson recommendations

Goals of the Group:

- Perform basic skills of drag reduction
- Perform basic skills of propulsion
- An awareness of all 4 competitive strokes
- Be legal in 2 out of the 4 competitive strokes.

Required Equipment:

- Swimmers must bring this equipment to practice each day.
- Swimsuit (Brief or Jammer for boys—**No Swim Trunks**), Goggles, Swim Cap for Girls
- Fins and Kickboards will be shared by the team, or swimmers may purchase their own and bring them to practice each day

Stroke School 2 (SS2)

Approximate Age Range: Ages 6-9

Practices Offered: 2-3 times per week

Duration: 1 Hour

Attendance:

- No attendance requirement
- Recommended minimum of 2 classes per week.

Swim Meets:

- Participation in Stroke School Meets is strongly encouraged so swimmers can track their progress and begin understanding the process of a swim meet
- USA Swimming meets are not encouraged, but parents interested in having their child compete in a sanctioned meet should talk to the head coach or their child's coach

Requirements to enter Group:

- Must have completed all previous groups requirements
- Be legal in 2 out of 4 competitive strokes

Goals of the Group:

- Perform intermediate skills of drag reduction
- Perform intermediate skills of propulsion
- Be legal in 3 out of 4 competitive strokes
- Perform basic skills for starting and turning

Required Equipment:

- Swimmers must bring this equipment to practice each day
- Swimsuit (Brief or Jammer for boys—**No Swim Trunks**), Goggles, Swim Cap for Girls
- Fins and Kickboards will be shared by the team, or swimmers may purchase their own and bring them to practice each day

Stroke School 3 (SS3)

Approximate Age Range: Ages 8-11

Practices Offered: 2-3 times per week

Duration: 1 Hour

Attendance:

- No attendance requirement
- Recommended minimum of 2 classes per week

Swim Meets:

- Participation in Stroke School Meets is strongly encouraged so swimmers can track their progress and begin understanding the process of a swim meet
- USA Swimming meets are not encouraged, but parents interested in having their child compete in a sanctioned meet should talk to the Head Coach or their child's coach

Requirements to enter Group:

- Must have completed all previous groups requirements
- Must be legal in all 4 competitive strokes
- Perform basic skills of starting and turning
- Capable of swimming 100 yards continuously

Goals of the Group:

- Perform advanced skills of drag reduction
- Perform advanced skills of propulsion
- Full body coordination in all 4 competitive strokes
- Legal execution of start and turns

Required Equipment:

- Swimmers must bring this equipment to practice each day
- Swimsuit (Brief or Jammer for boys—No Swim Trunks), Goggles, Swim Cap for Girls
- Fins and Kickboards will be shared by the team, or swimmers may purchase their own and bring them to practice each day

H2okie Aquatics – Age Group Descriptions

Age Group 1 (AG1)

Approximate Age Range: Ages 6-9

Practices Offered: 5 times per week

Duration: 1.5 Hours

Attendance:

- No attendance requirement
- Recommended minimum of 2 practices per week

Swim Meets:

- Participation in USA Swimming meets is encouraged at this level and USA Swimming membership is required.

Requirements to enter Group:

- Desire to swim in USA Swimming sanctioned meets
- Must be legal in 3 out of 4 competitive strokes
- Basic knowledge of starts and turns

Goals of the Group:

- Become legal in all 4 strokes
- Execute legal starts and turns
- Capable of swimming 100 yards continuously

Required Equipment:

- Swimmers must bring this equipment to practice each day
- Swimsuit (Brief or Jammer for boys—**No Swim Trunks**), Goggles, Swim Cap for Girls, Water Bottle, Fins

Age Group 2 (AG2)

Approximate Age Range: Ages 8-11

Practices Offered: 6 per week

Duration: 1.5 Hours

Attendance:

- No attendance requirement
- Recommended minimum of 2 practices per week.

Swim Meets:

- Participation in USA Swimming meets is strongly recommended at this level.

Requirements to enter Group:

- Meet all previous requirements from Age Group 1
- Be legal in all 4 competitive strokes
- Capable of performing a legal 100 IM

Goals of the Group:

- Be able to complete 100 yards continuously in 3 out of the 4 strokes
- Be able to swim continuously for a minimum of 10:00
- Exhibit an understanding of personal goal setting

Required Equipment:

- Swimmers must bring this equipment to practice each day
- Swimsuit (Brief or Jammer for boys—**No Swim Trunks**), Goggles, Swim Cap for Girls, Water Bottle, Fins

Age Group 3 (AG3)

Approximate Age Range: Ages 11-14

Practices Offered: 6 per week

Duration: 2 Hours

Attendance:

- No attendance requirement
- Recommended minimum of 3 practices per week

Swim Meets:

- Some participation in USA Swimming meets is required at this level

Requirements to enter Group:

- Meet all previous requirements from Age Group 2
- Capable of completing a legal 200 IM
- Capable of completing 5 x 100 yards on 2:00

Goals of the Group:

- Be able to swim continuously for a minimum of 20:00
- Demonstrate the ability to set short and long term goals
- Be able to perform the requirements of Senior 2

Required Equipment:

- Swimmers must bring this equipment to practice each day-water bottle, fins

H2okie Aquatics – Senior Descriptions

Senior 1 (SR1)

Approximate Age Range: Ages 13-18

Practices Offered: 5 per week

Duration: 1.5 Hours

Attendance:

- No attendance requirement
- Recommended minimum of 2 practices per week

Swim Meets:

- Participation in USA Swimming meets is recommended
- Participation in USA Swimming meets is required for those intending to advance to Senior 2
- Designed as supplemental training for non USA Swimming meets

Requirements to enter Group:

- Be legal in all 4 competitive strokes
- Exhibit some aerobic fitness
- Have some competitive experience

Goals of the Group:

- Supplement other swimming venues such as HS and summer league
- Continue to develop stroke mechanics and aerobic fitness
- Develop other components of training such as dryland and nutrition
- Prepare swimmers for possible advancement to SR2

Senior 2 (SR2)

Approximate Age Range: Ages 14-18

Practices Offered: 6 per week

Duration: 2 Hours

Attendance:

- Requirement of a minimum 3 practices per week
- Swimmers who intend to advance to SR3 must attend at the minimum requirement of 5 times per week

Swim Meets:

- Some USA Swimming competition is required
- Designed to also supplement other venues such as HS and summer league

Requirements to enter Group:

- Meet requirements of all previous levels
- Proven attendance of practice minimum of 3 per week while in Age Group 3 or Senior 1
- Complete 20 x 100 yards on :10 set rest holding minimum 1:30 per 100

Goals of the Group:

- Offer advanced level training to swimmers who aspire to local, regional or national level competition, who wish to balance participation with other activities
- Preparation for entry into SR3
- Preparation for potential participation in collegiate swimming

Senior 3 (SR3)

Approximate Age Range: Ages 14-18

Practices Offered: 7 per week

Duration: Varies – Approximately 2 Hours

Attendance:

- HS Sophomores and younger are required to attend a minimum of 5 practices per week
- HS Juniors and older are required to attend a minimum of 6 practices per week
- It is highly recommended that swimmers do not miss more than 2 days in a row
- Requirements are waived for special circumstances, such as family vacation or illness

Swim Meets:

- All competition is required
- Regional and national qualifiers are expected to attend those meets as designated by the club
- USA Swimming meets may not be missed for other competitive venues unless prior approval is granted

Requirements to enter Group:

- Meet requirements of all previous groups
- Proven attendance of practice minimum of 5 per week while in Senior 2
- Complete 20 x 100 yards on :10 set rest holding minimum 1:20 per 100

Goals of the Group:

- Realize full individual potential in the sport
- Represent the club at the highest levels of competition
- Preparation for collegiate swimming at the highest levels