



The Cavalier Aquatics Progression

Ultimately, all individual placements are at the discretion of the coaching staff.



The 'Wahoos'



Age Group 3 (Typically 10-Under)

Junior Hoos (Bridge Program)

The goal for this level is to provide the swimmer with increased swimming exposure and confidence. Practice for this level will focus on refining freestyle and backstroke techniques as well as continuing to develop the advanced disciplines of breaststroke and butterfly. Swimmers must be at least 6 years of age and are required to complete two lengths of the pool legally in both freestyle and backstroke. It is preferred these swimmers also have a basic understanding of the concepts of both breaststroke and butterfly. The maximum program size is 24 swimmers, with 12 per group.

Practices – 45 minutes, 3 days per week (Monday, Tuesday, and Thursday)

Wahoo Blue

This is the first group in our progressive age group levels. There will be a large emphasis on proper stroke technique, a healthy dosage of kicking, while basic interval training will be introduced. Athletes will compete primarily in Cavalier Aquatics hosted events. Swimmers in this level are generally 10 & under who are legal in all 4 Strokes.

Practices – 1 hour, 3 days per week (Monday, Wednesday, and Friday OR Tuesday, Thursday, and Saturday)

Wahoo Orange

While very similar to Wahoo Blue, this group is for more advanced athletes. Proper stroke technique will be emphasized along with a healthy dosage of kick. Basic interval training will be introduced. On dryland, the athletes will explore movements in all planes and direction. Athletes will compete in local Virginia Swimming events, as well as Cavalier Aquatics hosted meets. Swimmers in this level are generally 8-10 years of age and generally have a minimum of two USA 10 and under BB times.

Practices – 75 minutes, 5 days per week (Monday – Friday)

The 'Sabres'



Age Group 2 (Typically 11-12)

Sabre Blue

This is a transitional group where swimmers move from primarily emphasizing stroke instruction to valuing competitive training. Dryland training becomes a means of building strength and coordination. Athletes will compete in local Virginia Swimming events, as well as Cavalier Aquatics hosted events. Swimmers in this level are generally age 11-12 years of age.

Practices – 75 minutes, 5 days per week (Monday, Tuesday, Wednesday, Thursday, and Saturday)

Sabre Orange

This group is designed to introduce athletes to advanced training techniques while refining the competitive strokes. Dryland training becomes a means of building strength and coordination. Athletes will compete in local Virginia Swimming events, Cavalier Aquatics hosted meets, and a limited number of travel meets. Swimmers in this level are generally 11-12 years of age and generally have a minimum of one USA 11-12 A time. Swimmers will be required to attend 75% of the listed practices to continue with the group.

Practices – 90 minutes, 5 days per week (Monday, Tuesday, Wednesday, Thursday, and Saturday)

The 'Cavaliers'



Age Group 1 (Typically 13-14)

Cavalier Blue

This is a transitional group where swimmers move from primarily emphasizing stroke instruction to valuing competitive training. The group will focus on stroke refinement, aerobic training, and coordination outside of the pool. Athletes will compete in local Virginia Swimming events, as well as Cavalier Aquatics hosted meets. Swimmers in this level are generally 13-14 years of age.

Practices – 105 minutes, 6 days per week (Monday – Saturday)

Cavalier Orange

This training group is for committed and motivated young swimmers and emphasizes serious training in preparation for elite levels of swimming. The group will focus on stroke refinement, aerobic training, and coordination outside of the pool. Athletes will compete in local Virginia Swimming events, Cavalier Aquatics hosted meets, and a limited number of travel meets. Swimmers in this level are generally 13-14 years of age and generally have a minimum of one USA 13-14 AA Standards. Swimmers will be required to attend 80% of the listed practices to continue with the group.

Practices – 120 minutes, 6 days per week (Monday – Saturday)

The Senior Program



Senior Blue

This training group is designed for high school swimmers who are focused on skill development, increased training in all four strokes, and consistently improving fitness levels. End of season meets for swimmers in this group will typically focus on VA Southwest District Championships, VA Senior Championships, and the YMCA National Championships. The opportunity to progress to Senior Orange or Senior National exists for those who have continued to develop the confidence to swim all four strokes at a higher level, and have a minimum practice attendance of 80%.

Practices – 120-150 minutes, 6 days per week (Monday – Saturday).

Senior Orange

This training group is designed for high school swimmers who are focused on more advanced skill development, a commitment to consistent high-level detail work, and who have shown a propensity to handle training all four strokes. End of season meets for swimmers in this group will typically focus on VA Senior Championships, YMCA National Championships, and Futures Championships. The opportunity to progress to the Senior National Group exists for those who have regularly shown the ability to train all four strokes at a high level, and who have put an increased focus on the little detail work asked of the coaching staff. There is a practice requirement of 80% attendance to continue training in this group.

Practices – 120-150 minutes, 6 days per week (Monday – Saturday)

Senior National

This training group is designed for high school swimmers who have shown the ability through consistent actions to completely buy-in to the Cavalier Process. These swimmers have grown in recent years in all four areas of: maturity, training four strokes, focusing on little details, and consistently attending practice with a high work ethic. End of season meets for swimmers in this group will typically focus on Winter Junior Championships, YMCA National Championships, and Futures Championships. There is a practice requirement of 90% attendance to continue training in this group.

Practices – 120-150 minutes, 6 days per week (Monday – Saturday)