

Group	Age	Location	Discription	Practices per week	Required Times	Practice Requirements	Meet Requirements
White	5 - 10	Westminster	New to the sport of swimming, focused on becoming legal in all 4 stokes	2 - :45 minute sessions	none	25 free and back and knowledge of fly and breast	Optional 2 meets a season encouraged including Championships
Blue	7 - 12	Westminster	Legal in all 4 strokes and focused on building stamina during practices, starts & turns.	2 - 1:15 hour sessions	none	Legal in all 4 strokes. Knowledge of turns.	2 meets in addition to ALL eligible championships
Bronze	8 - 12	Jim Barnett	Legal in all 4 strokes and focused on building stamina and speed during practices, starts & turns.	2 - 1:00 hour sessions	*Min. 1 standard	WARM UP: 200 S WARM UP 200 K WARM UP MAIN SET: 4 X 25 @ :45 FLY KICK BOARDS 4 x 50 @ 1:45 S 1 Fly 2 Fly/BK 3 BK/BR 4 BR/FR 4 X 25 @ :45 FREE KICK BOARDS 4 X 50 @ 1:45 S 1 BK 2 FLY/BK 3 BK/BR 4 BR/FR 4 X 25 @ :45 BREAST KICK BOARDS 4 X 50 @ 1:45 S 1 BR 2 FLY/BK 3 BK/BR 4 BR/FR 4 X 25 @ :45 FREE KICK BOARDS 4 X 50 @ 1:45 1 FR 2 FLY/BK 3 BK/BR 4 BR/FR TEST SET:	3 meets in addition to ALL eligible championships

Silver 2	10 - 14	Jim Barnett	Athletes who enjoy swimming and wish to participate in other sports. Also for swimmers working towards a more competitive practice.	4 to 5 - 1.5 hours sessions	*Min. 4 standards	WARM UP: 1 X 400 S WARM UP 1 X 200 K WARM UP MAIN SET: 3 X 50 @ 1:15 FLY KICK BOARDS 4 X 100 @ 2:50 S 1 FLY 2 FLY/BK 3 BK/BR 4 BR/FR 3 X 50 @ 1:10 FREE KICK BOARDS 4 X 100 @ 2:50 S 1 BK 2 FLY/BK 3 BK/BR 4 BR/FR 3 X 50 @ 1:20 BREAST KICK BOARDS 4 X 100 @ 2:50 1 BR 2 FLY/BK 3 BK/BR 4 BR/FR 3 X 50 @ 1:10 FREE KICK BOARDS 4 X 100 @ 2:50 S 1 FR 2 FLY/BK 3 BK/BR 4 BR/FR TEST SET:	4 meets in addition to ALL eligible Championships
Silver 1	9 - 14	Jim Barnett	Competitive Age Groups, committed to swimming as primary sport	5 to 7 - 1.5 hour sessions	*Min. 4 BB standards	WARM UP: 1 X 400 S WARMUP 1 X 200 K WARMUP MAIN SET: 4 X 50 @ 1:00 FLY KICK BOARDS 5 X 100 @ 2:20 1-2 FLY 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ 1:00 FREE KICK BOARDS 5 X 100 EDS. @ 2:20 1-2 BK 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ 1:10 BREAST KICK 5 X 100 @ 2:20 1-2 BR 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ 1:00 FREE KICK BOARDS 5 X 100 @ 2:20 S 1-2 FR 3 FLY/BK 4 BK/BR 5 BR/FR TEST SET:	All coach assigned meets in addition to all championships

Gold 2	15 - 18	Jim Barnett	HS Athletes who enjoy swimming but wish to participate in other sports or swimmers working towards a more competitive practice.	5 to 7 - 2.0 hour sessions	*Min. 4 standards	WARM UP: 1 X 400 S WARM UP 1 X 200 @K WARMUP MAIN SET: 4 X 50 @ 1:00 FLY KICK 4 X 100 @ 2:00 S 1-2 FLY 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ 1:00 FREE KICK BOARDS 4 X 100 @ 2:00 1-2 BK 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ 1:10 BREAST KICK 4 X 100 @ 2:00 S 1-2 BR 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ 1:00 FREE KICK 4 X 100 @ 2:00 S 1-2 FR 3 FLY/BK 4 BK/BR 5 BR/FR TEST SET:	4 meets in addition to ALL eligible Championships
Gold 1	15 - 18	Jim Barnett	Competitive Age Groups, committed to swimming as primary sport	6 to 8 - 2.0 hour sessions	*Min. 3 "A" standards	WARM UP: 1 X 400 S WARMUP 1 X 200 K WARMUP MAIN SET: 4 X 50 @ :50 FLY KICK BOARDS 5 X 100 @ 1:30 S 1-2 FLY 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ :50 FREE KICK BOARDS 5 X 100 @ 1:30 S 1-2 BK 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ 1:00 BREAST KICK BOARDS 5 X 100 @ 1:35 S 1-2 BR 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ :50 FREE KICK BOARDS 5 X 100 @ 1:30 S 1-2 FR 3 FLY/BK 4 BK/BR 5 BR/FR TEST SET:	All coach assigned meets in addition to all championships

Seniors	15 and up	Jim Barnett	Advanced Swimmers with swimming as their only HS sport.	6 to 8 - 2.0 hour sessions	*Min. 3 senior QT's	WARM UP: 1 X 400 S WARMUP 1 X 200 K WARMUP MAIN SET: 4 X 50 @ :50 FLY KICK BOARDS 5 X 100 @ 1:25 S 1-2 FLY 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ :45 FREE KICK BOARDS 5 X 100 @ 1:25 S 1-2 BK 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ :55 BREAST KICK BPARDS 5 X 100 @ 1:30 S 1-2 BR 3 FLY/BK 4 BK/BR 5 BR/FR 4 X 50 @ :45 FREE KICK BOARDS 5 X 100 @ 1:25 S 1-2 FR 3 FLY/BK 4 BK/BR 5 BR/FR TEST SET: 4 X 400 IM @ 6:30	All coach assigned meets in addition to all championships
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***Time Standards based upon 2017 - 2021 Short Course Standards**

In order to support the ongoing training of all of our swimmers we have designed each work out group with standardized practice and meet requirements to produce optimum growth and development. Therefore swimmers who are unable to meet the minimal requirements for their workout group may be moved to a