



# TRAINING AGE GROUPS



GROUP	REQUIREMENT	GEAR	PRACTICE
AGE GROUP INTRO	All swimmers must be able to swim a 50 of each stroke. They will learn how to increase their strength and endurance while being introduced to the new world of competitive swimming. Swimmers will begin to understand sets, body awareness, and control in the water.	Kickboard Fins Paddles Pull Buoy	Mon - Fri 3:45 - 4:30 PM
AGE GROUP BLACK	Swimmers must have legal strokes and turns. They will fine-tune their technique while continuing to focus on the smaller details. Swimmers must be able to follow group instructions and sets while working on their individual developmental needs.	Kickboard Fins Paddles Pull Buoy	Mon - Fri 4:30 - 5:30 PM Sat 8:30 - 10:00 AM
AGE GROUP GOLD	These swimmers are working on increasing their capacity and technique at a more advanced level. The intensity of the workout is enhanced to prepare these swimmers for our senior program. They must be able to stay on task and focused during swim.	Kickboard Fins Paddles Pull Buoy	Mon - Fri 4:30 - 6:00 PM Sat 8:30 - 10:00 AM
SENIOR BLACK	This group allows us to build upon as well as learn more advanced swimming techniques. Expectations are to understand the fundamentals of swimming and be able to independently understand and complete workouts. Swimmers must attend practices and meets while maintaining their academic levels in school. We will not only learn swimming skills but lifelong lessons.	Kickboard Fins Paddles Pull Buoy Bands Snorkle	Mon - Fri 6:00-7:00 PM Sat 10:00 AM-12:00 PM  60% practice attendance recommended
SENIOR GOLD	This group is for swimmers wanting to commit to a more rigorous training schedule and are preparing for regional, national and college levels of swim. All swimmers must attend qualifying meets, practices, and be able to maintain academic levels throughout the season. Swimmers may not have other commitments keeping them from meeting the practice schedule beyond a 12 week time frame throughout the entire season.	Kickboard Fins Paddles Pull Buoy Bands Snorkle	Mon/Wed/Fri 5:30 - 7:30 PM Tu/Th 6:00 - 8:00 PM Sat 10:00 AM - 12:00 PM  65% practice attendance recommended



# TRAINING AGE GROUPS DUES

**2023-24 TOTAL REGISTRATION FEE****\$250.00**

GROUP	AGES	DUES
AGE GROUP INTRO	10&U	\$1925/YR \$175/MO <small>INCLUDES MEET FEES</small>
AGE GROUP BLACK	11-14	\$2200/YR \$200/MO <small>INCLUDES MEET FEES</small>
AGE GROUP GOLD	11-14	\$2750/YR \$250/MO <small>INCLUDES MEET FEES</small>
SENIOR BLACK	15+	\$2200/YR \$200/MO <small>INCLUDES MEET FEES</small>
SENIOR GOLD	15+	\$3025/YR \$275/MO <small>INCLUDES MEET FEES</small>
POST GRAD	COLLEGE STUDENTS	\$250 <small>(MONTH TO MONTH)</small>

AGES PER GROUP MAY BE FLEXIBLE WITH PRIOR APPROVAL  
FROM COACHING STAFF.

