

## **Select Team Group Structure**

Our goal is to organize our Select Team into ability specific groups that have similar goals and expectations for all athletes. Our groups will be progressive with athletes starting out with a background in swimming and moving through all groups to our highest Senior level groups.

### **Groups-**

#### **Age Group**

This group will be our Development Level Group consisting of athletes 11&Under that already have mastery of all four strokes. Athletes will have achieved or are competitively close to LSC State Level Cuts.

The Focus on this group is developing long lasting technical based swimming habits. They will be introduced to advanced racing techniques and habits. They will also begin the process of mastering high level skills for their swimming.

This group will swim 5 days a week for 90 minutes each day, with an additional 45 minutes of dryland each practice day.

Practice Gear –

Athletes in this group will need to have swimsuit, cap, goggles (spare pair in bag), fins, yoga mat, mesh bag, and their own kickboard, pull buoy, and snorkel.

#### **SR Prep**

This group will be our advanced Age Group Swimmers between the ages of 11-14. Swimmers will have achieved or are competitively close to LSC State Level Cuts. They will also have a background in competition and have prior swim experience.

The Focus on this group is on further developing a mastery of all four strokes and advancing their racing and training habits. This group will be expanding on racing plans for athletes at competitions. Swimmers will be introduced to Aerobic and Anaerobic Training methods, with a focus on maintaining technique and practice habits.

This group will swim 6 days a week for 105 minutes, with an additional 60 minutes of dryland each practice day.

Practice Gear –

Athletes in this group will need to have swimsuit, cap, goggles (spare pair in bag), fins, yoga mat, mesh bag, kickboard, pull buoy, paddles, and snorkel.

#### **Senior**

This group will be split into two groups, based on coach's discretion. All swimmers will be in High School for these groups. All swimmers will have a strong competitive meet background at this stage and will have or be competitively close to achieving state level cuts. All swimmers will have a commitment to their swimming and a strong background in competition.

The Focus in both groups will be on continuing technical performance and a mastery of maintaining those skills during their training and practice. Athletes will continue to develop their goals and expectations for athletes in this group will be the highest on the team.

Swimmers will swim 5 days a week for 120 minutes, with an additional 60 minutes of dryland at each of those days. They will also have a 6<sup>th</sup> day of 180 minutes of swimming only.

Practice Gear –

Athletes in this group will need to have swimsuit, cap, goggles (spare pair in bag), fins, yoga mat, paddles, snorkel, kickboard, pull buoy, and a mesh bag for all their equipment.

### **Notes for ALL Groups**

Competition is key for these groups and athletes will be expected to participate in ALL meets that they qualify for (this does include any Championship Level Meet). Any absence or miss must be prior approved by a coach.

Athletes will be expected to treat their training with a high level of commitment. These athletes will also be expected to treat their time away from the pool with the same commitment, which includes proper nutrition, excellent sleep hygiene, and advanced time management.

### **What is Different from the Sport Team?**

-The key difference in the team programs is the volume of swimming each week. We are focused on two different goals with each program. The Sport Team is focused on all-around physical fitness and development, while allowing athletes the flexibility to explore other activities.

The Select Team is solely focused on the development of all around swimmers.

-The Meets allowed are also different. The Sport Team will solely swim in one single USA Swimming Meet a quarter and one single Intrasquad Meet each quarter.

The Select Team will participate in more meets and will be expected to attend all meets they are qualified for regardless of location.

-Tryouts and Placements are different between the two programs as well. Athletes wanting to join our Sport Program do not need to Try Out for the team. NEW Athletes will have a placement practice so coaches can evaluate skills and properly place them into groups. Current members of our team, will be placed into their proper group heading into this Fall.

The Select Team is by invite ONLY. Coaches will evaluate both a swimmers competition times AND their training abilities to decide if they are a correct fit for our Select Team.