

Sports Team Group Structure

Our goal is to put athletes in medium sized groups (20-30 athletes) of similar physical and social ages. These groups are primarily based off their age, but we will move or adjust athletes to ensure they are in the correct social age group for them. We feel that socialization is key part of physical fitness and want to ensure athletes enjoy coming each day.

Our groups are set up to be progressive so that athletes can move through the program from a seven-year-old to an eighteen-year-old. The groups also offer the ability for athletes to join in at later ages from Swim Lesson programs or other teams.

Groups -

8&Under – Black Group

This group will focus on teaching athletes the Core Concepts that will become the backbone of their physically fit lives. They will learn the right movements and fix any bad movements. They will be taught to become aware of what they are doing and how their body moves and functions.

This awareness of their bodies will be a focus primarily on the correct movements and technique for each skill and stroke, with volume being an afterthought for these athletes. Our hope is that athletes that finish this age group will have all the basic athletic skills to progress their swimming career OR explore any other sport.

Groups will have 2 days in the water each week spent in the water only. Groups will also have 2 days a week spent solely doing dryland. Each practice will be 60 minutes long.

Practice Gear –

Athletes in this group will need to have swimsuit, cap, goggles (spare pair in bag), fins, yoga mat, and their own kickboard. Yoga Mat is for Dryland Days ONLY.

10&Under – White Group

This group will help athletes understand why they are being taught how to do things a certain way, and also accept what they are doing and buy in to the correct movements and techniques. The hope and plan is also to teach the athletes at this age a love for the sport of swimming, but most importantly a love for being physically active and fit.

The group will do this through moving their basic skills and techniques from the introductory phase of learning and into the mastery phase of learning. The focus will again be development and proper mechanics but the kids will move into learning to do these movements under slight fatigue and be introduced to the concept of volume in training. While drills, teaching, and feedback will still be the primary method of learning, kids will also begin to learn how to adjust as they do things on repeat.

Groups will have 2 days in the water each week for 60 minutes. Groups will also have 2 days a week spent solely doing dryland for 60 minutes.

Practice Gear –

Athletes in this group will need to have swimsuit, cap, goggles (spare pair in bag), fins, yoga mat, and their own kickboard. Yoga Mat is for Dryland Days ONLY.

13&Under – Purple Group

This group will focus allowing the athletes to begin to develop a passion for swimming and for being physically fit. During these development athletes will begin to expand beyond the basic movements to harder and more challenging layers of each movement (Example, a Squat becoming a Squat Jump). Athletes will also begin to learn how to apply the key body movements and techniques they have learned into both new concepts and into continuing to master the primary strokes of swimming.

Athletes in this group will begin to work both dryland and swimming activities under fatigue, with a focus on maintaining their proper technique. While monstrous sets and heavy loads will not be applicable at this age, repeats and an increase in volume will be something that these athletes begin to master and enjoy being challenged by.

Groups will have 3 days in the water each week spent in the water only. Groups will also have 3 days a week spent solely doing dryland. Each practice will be 75 minutes long.

Practice Gear –

Athletes in this group will need to have swimsuit, cap, goggles (spare pair in bag), fins, yoga mat, and their own kickboard and pull buoy. Yoga Mat is for Dryland Days ONLY.

14&Older – High School Group

This group will focus on exploring the many different depths and areas of fitness in swimming and dryland. Athletes will learn a broader understanding of how their core movements translate into all physical movements. They will learn to integrate those basic techniques into higher level movements and continue to develop their skills.

Athletes in this group will begin to learn the importance of volume in training (while maintaining proper form). They will also learn to do many of their core dryland movements under load and in different varieties. They will learn to embrace challenges and how to challenge themselves to become stronger, fitter, and faster.

This Group will have 3 days in the water each week spent in the water only. Groups will also have 3 days a week spent solely doing dryland. Each practice will be 90 minutes long.

Practice Gear –

Athletes in this group will need to have swimsuit, cap, goggles (spare pair in bag), fins, yoga mat, and their own kickboard and pull buoy. Yoga Mat is for Dryland Days ONLY.

Sport Team Progress and Testing –

One of the key ways for athletes to see their hard work paying off is through testing and competition. The ability to see their gains and improvement in a formal process is a key way for athletes to learn and develop the enjoyment of hard work and commitment. The Sport Team will do this through two methods:

- 1) Traditional Swim Meets: These meets will occur twice in each quarter. We will offer one opportunity for athletes to compete in a WAVE hosted Intrasquad Meet. And we will also offer one USA Swimming sanctioned meet assigned to us by the LSC. For example, the Fall Quarter would attend the October Challenge Meet offered by the LSC and we would host an end of the quarter Intrasquad Meet in November. Athletes are NOT required to attend these meets, but are highly encouraged.
- 2) Dryland Base Function Testing: Similar in concept to the Army's Physical Preparedness Test or Track's Pentathlon Events. We will twice a quarter test the athletes to see where they stand on our seven core movements. These tests will progress and change as athletes move into new groups, to keep the testing fresh and challenging for them.

Moving from Sport Team to Select Team

We understand that some athletes in the Sport Team will want to move into our Select Team. Although that is not the singular goal of the program, the structure and curriculum will provide athletes the necessary training and development to accomplish this goal. Athletes should discuss these goals with their Group Coach at the start of each quarter, so Coaches can work with athletes to help develop goals and a plan that will help them succeed.

What is the Difference from the Select 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.