



PX3-Pleasant Prairie Patritos Swim Team Group Descriptions, Expectations and Overview

Group Name:	Barracuda
Target Member/Competitive Level:	Developmental/New Swimmer-Competition not required unless progression is desired.
Age Range/Competitive Goal:	5-10 years old-Working towards being able to compete in a sanctioned competition outside of intersquad.
Skill Requirements:	Must be able to complete 25 yards of freestyle and backstroke during a formal evaluation. A passing Patriots Swimming Report Card in Levels 3 or 4 can be accepted in place of an evaluation if received within 3 months of team join request.
Group Size:	Not to exceed 30 swimmers, Ideal Coach to Swimmer Ratio of 1:10 (If 30 swimmers is reached, a sub group may be added in the next season).
Attendance Requirement*/Recommendation for Practice and Meets:	Average of 30% of practices offered. Group meets 5 times per week for 60 minutes.
Group Emphasis:	To learn the basics of all four competitive swimming strokes, forward and backward starts, open and flip turns and underwater basics with a focus on body line.
Progression:	Swimmers wishing to progress to the Red Group will have completed the following in a sanctioned swim meet: Swim Events: 50Butterfly, 50Backstroke, 50Breaststroke, 50Freestyle, 100Freestyle, 100Backstroke and 200Freestyle. Test Set to be completed at scheduled practice and conducted by a PX3 Coach: 10x100Freestyle on a 2:00 Interval.
Group Testing Times: (testing is for current team members only and is not something completed during a new member evaluation)	November: Two Dates-Move ups notified during December, starting in January. February: Two Dates-Move ups notified in March so they are able to register for the correct practice group going into long course season. July: Two Dates-Move ups notified in August so they are able to register for the correct practice group going into short course season. (Dates for testing will be communicated at least 7 days before the test occurs. If your swimmer is unable to make both options a make up test can be scheduled with a PX3 coach, but the request must be made BEFORE the last test date. Accomodations for swimmers out due to illness or injury will be made as long as a doctors note is presented.)

*If looking to be considered for move up, the Recommendation must be achieved.

Group Name:	Red
Target Member/Competitive Level:	Intermediate/Novice Swimmer-Should compete in at least 1 swim meet every other month.
Age Range/Competitive Goal:	5-10 years old-Working towards being able to compete at a Motivational Time Standard B Level and particiapate at the LSC Regional level or above.
Skill Requirements:	Complete Barracuda to Red test requirements and progression criteria (coaches discretion may be used in special circumstances.)
Group Size:	Not to exceed 30 swimmers, Ideal Coach to Swimmer Ratio of 1:15 (If 30 swimmers is reached, a sub group may be added in the next season).
Attendance Requirement*/Recommendation for Practice and Meets:	Average of 50% of practices offered. Group meets 5 times per week for 75 minutes.
Group Emphasis:	To increase knowledge on how to race, continue to focus on stroke technique, master interval training, and how to use a pace clock as a training aid. Equipment usage will also increase at this level.
Progression:	Swimmers wishing to progress to the White Group will have completed the following in a sanctioned swim meet: Swim Events: All requirements listed in Barracuda plus 100IM, 100BR and 100BK. Test Set to be completed at scheduled practice and conducted by a PX3 Coach: 12x100Freestyle on a 1:45 Interval. (Please Note: All Requirements are compounding meaning that the requirements from the earlier levels must be completed in combination to the ones listed in this category.)
Group Testing Times:	November: Two Dates-Move ups notified during December, starting in January. February: Two Dates-Move ups notified in March so they are able to register for the correct practice group going into long course season. July: Two Dates-Move ups notified in August so they are able to register for the correct practice group going into short course season. (Dates for testing will be communicated at least 7 days before the test occurs. If your swimmer is unable to make both options a make up test can be scheduled with a PX3 coach, but the request must be made BEFORE the last test date. Accomodations for swimmers out due to illness or injury will be made as long as a doctors note is presented.)

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Group Name:	White
Target Member/Competitive Level:	Intermediate Advanced /Competitive Swimmer-Should compete in at least 1 meet per month, are we require 2 during each regular season.
Age Range/Competitive Goal:	8-13 years old-Working towards being able to compete at a Motivational Time Standard A level and participate at the LSC Championships level or above. Top swimmers in this group will qualify for the Wisconsin State Championships and Wisconsin Zones Team in their respective age group.
Skill Requirements:	Complete Red to White test requirements and progression criteria (coaches discretion may be used in special circumstances such as new swimmer to the team or limited meet event opportunities.)
Group Size:	Not to exceed 30 swimmers, Ideal Coach to Swimmer Ratio of 1:20 (If 30 swimmers is reached, a sub group may be added in the next season).
Attendance Requirement*/Recommendation for Practice and Meets:	Average of 60% of practices offered. Group meets 5 times per week for 90 minutes. Drylands is offered 2 times per week for a maximum of 30 minutes.
Group Emphasis:	To work on mastering race strategy for all four strokes, master starts, turns and underwaters and energy systems training strategies. Things like stroke count, underwater kick count, breath placement and heart rate training will become more regular.
Progression:	Swimmers wishing to progress to the Blue Group will have completed the following in a sanctioned swim meet: Swim Events: All requirements listed in Red plus 200Backstroke and 200 Individual Medley then the 200 Breaststroke OR 200 Butterfly and for distance the 400/500Freestyle. Additional requirement for 13&up: 800/1000Freestyle. Test Set to be completed at scheduled practice and conducted by a PX3 Coach: 16x100Freestyle on a 1:35 Interval and a 500-yard kick for time in 11:30 or less. (Please Note: All Requirements are compounding meaning that the requirements from the earlier levels must be completed in combination to the ones listed in this category.)
Group Testing Times:	November: Two Dates-Move ups notified during December, starting in January. February: Two Dates-Move ups notified in March so they are able to register for the correct practice group going into long course season. July: Two Dates-Move ups notified in August so they are able to register for the correct practice group going into short course season. (Dates for testing will be communicated at least 7 days before the test occurs. If your swimmer is unable to make both options a make up test can be scheduled with a PX3 coach, but the request must be made BEFORE the last test date. Accomodations for swimmers out due to illness or injury will be made as long as a doctors note is presented.)
*If looking to be considered for move up, the Recommendation must be achieved.	

Group Name:	Blue
Target Member/Competitive Level:	Advanced-Senior Prep/Competitive Swimmer-Should compete in 50% of all meet qualified for during the regular season and any LSC Championship or higher qualified meets.
Age Range/Competitive Goal:	10-16 years old-Working towards being able to compete at a Motivational Time Standard A level and participate at the LSC Championships level or above. Top swimmers in this group will qualify for the Wisconsin State Championships and Wisconsin Zones Team in their respective age group. High School swimmers may also be in this group working to improve there individual skills to aid them in a high school season.
Skill Requirements:	Complete White to Blue test requirements and progression criteria (coaches discretion may be used in special circumstances such as new swimmers to the team or limited meet event oportunities.)
Group Size:	Not to exceed 40 swimmers, Ideal Coach to Swimmer Ratio of 1:25 (If 40 swimmers is reached, a sub group may be added in the next season).
Attendance Requirement*/Recommendation for Practice and Meets:	Average of 80% of practices offered. In water practices are offered 6-8 times per week for 120 minutes. Drylands is offered 2 times per week for a minimum of 45 minutes.
Group Emphasis:	Race strategy for all four strokes, starts, turns and underwaters should be at more of a mastery level with technical corrections consisting of recovery speed, hand placement and split reading. Energy systems training will be understood at a higher level with season phase training being taught in regards to base build, threshold, recovery and ...Taper.
Progression:	Swimmers wishing to progress to the Senior Group will have completed the following in a sanctioned swim meet: Swim Events: All requirements listed in White plus 200Backstroke, 200 Breaststroke, 200 Butterfly, 200Individual Medley and 400/500Freestyle. Additional requirement for 13&up: 800/1000Freestyle. Test Set to be completed at scheduled practice and conducted by a PX3 Coach: 16x100Freestyle on a 1:35 Interval and a 500-yard kick for time in 11:30 or less. (Please Note: All Requirements are compounding meaning that the requirements from the earlier levels must be completed in combination to the ones listed in this category.)
Group Testing Times:	November: Two Dates-Move ups notified during December, starting in January. February: Two Dates-Move ups notified in March so they are able to register for the correct practice group going into long course season. July: Two Dates-Move ups notified in August so they are able to register for the correct practice group going into short course season. (Dates for testing will be communicated at least 7 days before the test occurs. If your swimmer is unable to make both options a make up test can be scheduled with a PX3 coach, but the request must be made BEFORE the last test date. Accomodations for swimmers out due to illness or injury will be made as long as a doctors note is presented.)
*If looking to be considered for move up, the Recommendation must be achieved.	

Group Name:	Senior
Target Member/Competitive Level:	Advanced/Competitive Swimmer
Age Range/Competitive Goal:	13+ years old-Working towards being able to compete at a Motivational Time Standard AA-National level and participate at the LSC Championships level or above. Top swimmers in this group will qualify for the Wisconsin State Championships and Wisconsin Zones Team, and National Level Meets in their respective age group. High School swimmers may also be in this group working to improve there individual skills to aid them in a high school season.
Skill Requirements:	Complete Blue to Senior test requirements and progression criteria (coaches discretion may be used in special circumstances.)
Group Size:	Not to exceed 50 swimmers, Ideal Coach to Swimmer Ratio of 1:30 (please note that sub groups will be created temperaraly throughout the season based on meet qualifications to accomidate rest/taper plans. If the need is shown to have a full time national group, one will be created).
Attendance Requirement*/Recommendation for Practice and Meets:	Average of 90% of practices offered. In water practices are offered 6-8 times per week for 135 minutes. Drylands is offered 2-3 times per week for a minimum of 45 minutes. Strength and conditioning for 30-45 minutes 2 times per week is also offered at this level for those who pass functionally fitness test with our dryland coaches.
Group Emphasis:	A continued build of what is mastered at the blue level will will occur here with a heavy emphasis on personal ownership of understanding the training philosphy and how to take care of ones body in and out of the water to help them become an elite athlete if they desire to become one.
Progression:	Progression at the Senior level will be determined on an individual basis based on the competitive level of each swimmer in the group. Those competing above the LSC State Championship level will have additional practices based on the individual need identified at each level. If the number of swimmers competing above the LSC State Championship Level grows above 15 swimmers, a full time sub group may be formed at the descretion of the Head Coach.
Group Testing Times:	Testing for the Senior Group Swimmers will be conducted contiunesly throughout the season based on individual and group identified needs, based on swimmer achievements.
*If looking to be considered for move up, the Recommendation must be achieved.	