



MANTA RAYS SWIM TEAM PRACTICE GROUP FLOW CHART



PURPLE PRACTICE

WHITE AGES: 5-11

Entry level developmental group. Focus on fun, team bonds, strong fundamentals in kicking and all four strokes, and basics of racing skills.

Must be able to complete 25 yards (8 & under)/50 yards (9-10) of continuous freestyle with basic rotary breathing and 25 yards (8 & under)/50 yards (9-10) of backstroke

Recommended Practices per week: 2-3

Minimum Practice Gear: Headset, Mesh Bag, Kickboard, Fins

PURPLE JR AGES: 7-12

Entry level competitive group. Focus on fun, team bonds, strong aerobic foundation, and advanced technical skills.

Must be able to complete 50 yard repeats of freestyle and backstroke and be familiar with breaststroke and butterfly technique.

Recommended Practices per week: 3

Minimum Practice Gear: Headset, Mesh Bag, Snorkel, Nose Plug, Kickboard, Fins

PURPLE SR AGES: 11-15

Competitive training group focused on increased aerobic capacity and technical skills. Increased underwater work and racing strategies.

Must be able to complete 50-100 yard repeats with legal technique of freestyle and backstroke and be familiar with breaststroke and butterfly technique.

Recommended Practices per week: 3-4

Minimum Practice Gear: Headset, Mesh Bag, Snorkel, Nose Plug, Kickboard, Fins, Pull Buoy

GOLD PRACTICE

GOLD JR AGES: 8-11

Junior competitive training group with emphasis on fun, teamwork, advancing technical skills in all four strokes, starts, turns, and underwater work.

Must be legal in all four strokes and I.M. Must have achieved at least one State or Regional qualifying time (individual or relay) and be willing to attend home and travel meets.

Recommended Practices per week: 3-4

Minimum Practice Gear: Headset, Mesh Bag, Snorkel, Nose Plug, Kickboard, Fins and Pull Buoy

GOLD SR AGES: 11 & UP

Advanced/Elite competitive training group with focus on fun, team bonds, mastering all technical skills and preparation for championship meets.

Must be legal in all four strokes and I.M. Must have achieved at least one State or Regional qualifying time (individual or relay) and be willing to attend home & travel meets, and participate in dry land training sessions.

Recommended Practices per week: 4-5

Minimum Practice Gear: Headset, Mesh Bag, Snorkel, Nose Plug, Kickboard, Fins, Pull Buoy and Hand Paddles

PRACTICE GROUP DAYS & TIMES

PURPLE PRACTICE

MONDAY-FRIDAY

WHITE: 5:45-6:30 PM

PURPLE JR: 5:45-6:45 PM

GOLD PRACTICE

MONDAY-FRIDAY

PURPLE SR: 6:45-7:45 PM

GOLD JR: 6:45-7:45 PM

GOLD SR: 6:45-8/8:15/8:30 PM

DRY LAND/WEIGHT LIFTING:

DAYS AND TIMES: TBD

GOLD SR ONLY.



PRACTICE GEAR REQUIREMENTS

PURPLE PRACTICE



GOLD PRACTICE

