

Dolphin-Laser Progression of Athlete

Levels of Training

Fall 2007

DEVELOPMENTAL I: 100% Instructional - Ages 5-9 ---This level is for swimmers that have completed Intermediate lessons, or participation in a summer league. These swimmers will develop the four strokes and learn the fundamentals necessary for competitive swimming. Most do not compete. **Requirements:** Swimmers will have had instruction in all four strokes and be able to swim 1/2 a length of the pool freestyle, and tread water for one minute.

DEVELOPMENTAL II: 100% Instructional - Ages 7-12 ---These swimmers will continue learning the fundamentals of the four competitive strokes, streamlining, starts and turns. Some may choose to compete at this level. **Requirements:** Swimmers will have had instruction in all four strokes and be able to swim a length of the pool freestyle, 1/2 a length in the other three strokes and tread water for one minute. Swimmer is confident in the water.

DEVELOPMENTAL III: 70% Instructional - 30% Training - Ages 8-14 ---This level is designed to provide a sound foundation in the proper technique of all four competitive strokes, starts and turns. Training is introduced to the swimmer at this level. Summer League swimmers often find this is a good level to be introduced to USA competitive swimming. Year-round participation is encouraged to continue improvement of the swimmer's skills. Swimmers are encouraged to attend three or more practices per week and to participate in certain meets. **Requirements:** This group is for the swimmer who knows all four strokes and can swim one length of the pool in each of the four competitive strokes correctly.

HIGH SCHOOL: 70% Instructional - 30% Training - Ages 12-18 ---This new program offers an alternative to the child who wants to continue learning and practicing swimming, but does not choose to compete in USA swimming. This program is also for the teenager who is just getting started, wants to swim for their High School team only, or just wants to swim for exercise.

AGE GROUP I: 40% Instructional - 60% Training - Ages 8-11 --- This group focuses on building a foundation in aerobic conditioning, motor skills coordination, stroke development and strength. Self-confidence, self discipline, and total body coordination will develop swimmers and increase their potential for personal achievement. This program offers a positive learning experience and healthy environment for fun and personal growth. Team spirit, friendship and commitment are key benefits on this level. All swimmers compete at this level. **Requirements:** Progression through **DEVELOPMENTAL III** or a comparable level in other USA teams, or 10 year old and older Gold or Silver times on a CASL (Central Arkansas Swim League) team.

AGE GROUP II: 40% Instructional – 60% Training – Ages 11-15 --- This group has the same focus and training requirements as the Age Group I team, but is for the older (age 11-15 year old swimmer)

AGE GROUP III: 30% Instructional – 70% Training – Ages 11-15 ---This group is a preparation for Senior I swimming. This is the highest level of commitment in the Age Group Program. Attendance should be in excess of 80% of offered practices.

SENIOR I: 20% Instructional - 80% Training - Ages 13 and up ---The Senior I Group requires a higher level of commitment providing an opportunity to further one's skills. Competition will be at the State, Regional and National level. Emphasis is on training. 80% or greater attendance is recommended. Dry land training is a strong aspect of this level. Two a day practices and some extra practices will be arranged for this team. Educating the athlete in all aspects of the sport and competition is offered at this level. **Requirements:** Progression through **AGE GROUP III** or a comparable level in other USA teams.

SENIOR II: 20% Instructional – 80% Training – Ages 16 and up ---The Senior II group will cover the same aspects as the Senior I, but with competition goals focusing on the National and above level of competition. Training will be individualized towards the goals each athlete has set together with their coach. Attendance will be close to 100% of available practices.

MASTERS (ADULT FITNESS): Ages 18 and up ---The Masters group is a group swim practice held in an informal setting. Most adults are attending for exercise. Some may be training for competition and/or triathlons. Coaches will be on deck to lead you through swim practice, as well as offer technique advice. Drills, interval training and motivation are provided.

JUMP START: This is a program designed to help the swimmer who only plans on summer league swimming. This is for the swimmer who has a working knowledge of all four competitive strokes, and wants a "Jump Start" on the competition. The program starts in April, and runs through May. Watch for details in the spring.

STROKE TECHNIQUE CAMPS: These are week long camps (Monday – Thursday from 1-3 pm) running periodically in the spring and summer. These camps help the swimmer learn strokes quickly in a fun environment with other "campers". Watch for detail on the website and practice location.