

## **Practice Group Descriptions in the Gulliver Swim Club**

The Gulliver Swim Club practice groups fit the needs of swimmers of all ages and ability levels. Please keep in mind that the age ranges presented are not fixed. Sometimes an older swimmer that is new to the sport may have to start with a practice group that is predominantly younger. And in contrast, occasionally a very advanced younger swimmer may be moved into a group of older athletes. These group descriptions are provided only to give you a sense of our team's structure and the progression your child is likely to follow as he/she moves through our swimming program.

### **National (Ages 14 & Older)**

In addition to having at least one Sectional Championship qualifying time, swimmers in this group have a proven commitment and ability to train at the senior level. The goal of the National Group is to refine stroke technique, increase training volume and enter a period of event specialization while attempting to achieve Junior National, National, and Olympic Trial time standards. Swimmers in this group commit to 20+ hours per week of water and dryland training. Up to nine 2 to 3 hour workouts are held weekly and the members of this training group are expected to attend all of the nine offered workouts each week unless otherwise specified by the coach.

### **Senior (Ages 13 & Older)**

Swimmers in this group have a high level of competitive swimming experience. This group is designed to transition swimmers from age group swimming to senior swimming through an increased volume and intensity of training. The focus is to improve cardiovascular fitness, refine stroke skills and gain competitive experience. Swimmers in this group generally compete in Junior Olympic and Senior Championship level swim meets and are encouraged to attend at least seven of the nine practices offered each week.

### **Gold (Ages 10-13)**

Swimmers in this group have a high level of competitive swimming experience. Dryland training, endurance, conditioning and stroke refinement continue to be emphasized. In addition, race strategy, competitive skills, goal setting and an understanding of time standards are emphasized. Swimmers in this group generally compete in "ABC" and Junior Olympic level swim meets and are encouraged to attend at least five of the six practices offered each week.

### **Silver (Ages 8-10)**

Swimmers in this group have a moderate level of competitive swimming experience. Dryland training, endurance, conditioning, and stroke refinement continue to be emphasized. In addition, race strategy, competitive skills, goal setting and an understanding of time standards are emphasized. Swimmers in this group generally compete in "ABC" and Junior Olympic level swim meets and are encouraged to attend at least four of the six practices offered each week.

### **Bronze (Ages 6-8)**

Swimmers in this group have a basic understanding of swimming skills in all four competitive strokes. Refinement and continued development of these skills are the main objective of this group. Other activities such as soccer, baseball, dance, etc. are encouraged. The basic points of emphasis are swimming satisfaction, fun, stroke technique and beginning competition. Swimmers in this group generally compete in "BC" level swim meets and are encouraged to attend at least two of the five one-hour practices offered each week.