

# **ASL Practice and Training Groups 2010-2011**

The Aiken-Augusta Swim League (ASL) is divided into several training groups based on age, stroke proficiency, aerobic conditioning, physical, mental, and emotional maturity, and commitment to swimming. The groups are structured to provide a progressive program where swimmers are challenged at every stage with technique being the focus for all of the groups, and competitive excellence gradually emphasized as the swimmers get older.

The coaching staff is responsible for placing the swimmers in groups and does so based on the best interests of the swimmer, each group, and the program as a whole. Age Ranges are used as a guideline, exceptions are expected to be made by the coaches based on their professional opinion. Because of space/scheduling issues at our pools, not all groups are able to be offered at all pools.

## **ASL Introductory Group**

### **Learn to Swim with ASL (Target Age 4-9)**

*Offered at AAC, USCA, and Riverwood Pools*

This group is an introduction to swimming for young swimmers. The Program will be subdivided into multiple 'stations' for different levels of beginning swimmers. At the earliest stations, basic water skills are taught and children are taught progressively to the basics of the competitive strokes at the later stations.

## **ASL Developmental Groups**

### **White Group (Target Age 7-10)**

*Offered at AAC, USCA, and Riverwood Pools*

This is an entry level developmental group. The primary focus of the White group is to have fun and learn the fundamentals of competitive swimming. Swimmers are taught to perfect their Freestyle and Backstroke technique, while learning the basics of Butterfly and Breaststroke.

### **Requirements for entry into the White Group**

- \* Swim 50 yards of Freestyle with Rotary Breathing
- \* Swim 50 yards of Backstroke

### **Practice Attendance**

Swimmers are encouraged to attend 2 weekly practices (1 hour each).

### **Meet Attendance**

Swimmers are encouraged to attend ASL home meets and other meets as recommended by the coach.

## **Goals of the White Group**

Swimmers should be able to complete all of the following before moving out of the White group:

- Demonstrate legal turns in all four strokes
- Demonstrate a forward racing dive
- Demonstrate the ability to consistently push off underwater in an effective streamline
- Demonstrate the ability to go 5 meters of underwater dolphin kick in a streamline position
- Understand what a pace clock is and how it is used
- Demonstrate an understanding of stroke drills
- Swim a legal 200 IM

## **Red Group (Target Age 7-10)**

*Offered at AAC, USCA, and Riverwood Pools*

This is an entry level training group aiming to teach swimmers advanced skills in all four strokes, starts, and turns. Some aerobic training will be introduced. Skills will be taught with an emphasis on fun in order to provide the swimmer with an enjoyable overall experience in the water.

### **Requirements for entry into the Red Group**

- \* Complete the goals of White Group

### **Practice Attendance**

For regular improvement, swimmers are encouraged to attend 3 weekly practices (1 hr 15 min each)

### **Meet Attendance**

Swimmers are encouraged to attend ASL home meets and other meets as recommended by the coach.

### **Goals of the Red Group**

Swimmers should be able to complete all of the following before moving out of the Red Group:

- Demonstrate effective forward racing and backstroke starts
- Perform all turns and push-offs effectively, including streamline and underwater kicking
- Demonstrate an ability to go 10 meters of underwater dolphin kick in a streamline position
- Demonstrate an ability to use pace clocks to follow interval sets

- Demonstrate a proven ability to listen to coaches and show an effort to improve
- Demonstrate courteous behavior towards coaches and other swimmers

## **Blue Group (Target Age 9-12)**

*Offered at AAC, USCA, and Riverwood Pools*

This is a more advanced developmental training group aiming to build on the fundamentals taught in the White and Red groups. Training will continue to be technique and fun-based, with an increasing emphasis on aerobic development. Swimmers will be encouraged to develop a solid practice work ethic and take pride in training and racing in all strokes and events.

### **Requirements for entry into the Blue Group**

- Complete the goals of Red Group
- Training Set: 10x50 Freestyle Swim @ :55 (short course)
- Training Set: 6x50 Flutter Kick w/ board @ 1:10 (short course)

### **Practice Attendance**

For regular improvement, swimmers are encouraged to attend 3-4 weekly practices (1 hr 30 min each)

### **Meet Attendance**

Swimmers are strongly encouraged to attend ASL home meets and other meets as recommended by the coach. Also, swimmers are strongly encouraged to attend the Age Group State Championship meet if they are qualified.

### **Goals of the Blue Group**

Swimmers should be able to complete all of the following before moving out of the Blue Group:

- Demonstrate a willingness to train and compete in all strokes and distances
- Demonstrate ability to maintain a positive attitude during workout
- Learn basic goal setting skills
- Demonstrate an ability to go 15 meters of underwater dolphin kick in a streamline position

# **ASL Age Group Program**

## **Black Group (Target Age 10-13)**

*Offered at AAC, USCA, and Riverwood Pools*

This is a competitive training group with the goal of preparing the swimmers to compete on the local and state level. The emphasis will be to continue to refine the basics of the following skills necessary to become successful competitive swimmers – advanced stroke mechanics, training and racing strategies, goal setting, and mental preparation. Developing aerobic capacity will be a focus of the Black group, and dry-land activities will be introduced to develop core strength and coordination.

### **Requirements for entry into the Black Group**

- Complete the goals of the Blue Group
- 6x100 Free @1:40 (Short Course)
- 8x50 Flutter Kick w/ a board @1:05 (Short Course)

### **Practice Attendance**

Swimmers are encouraged to attend 4-5 practices each week (1 hr 45 min each).

### **Meet Attendance**

Swimmers are strongly encouraged to attend ASL home meets and other meets as recommended by the coach. Also, swimmers are strongly encouraged to attend the Age Group State Championship meet if they are qualified.

### **Goals of the Black Group**

Swimmers should be able to complete all of the following before moving out of the Black Group:

- Demonstrate a commitment to swimming through consistent practice attendance, effort, and attitude
- Demonstrate the ability to consistently focus on stroke technique and details during practice
- Show a positive attitude towards practice and working hard

## **Pre-Senior Group (Target Age 12-14)**

*Offered at AAC and USCA Pools (not offered at Riverwood)*

This is a competitive training group designed to prepare the swimmers for the Senior training group, and for state and regional competition. The emphasis will be to continue to reinforce the skills taught in the previous groups. Continued aerobic development will be stressed, and anaerobic training will be introduced. Dry-land activities will involve strength exercises that focus on injury prevention, as well as develop endurance and overall muscle tone.

## **Requirements for entry into the Pre-Senior Group**

- Complete the goals of the Black Group
- 10 x 100 Freestyle Swim @ 1:30
- 4 x 200 IM Swim @ 3:30
- 10 x 50 Flutter Kick w/ Board @ 1:00

## **Practice Attendance**

In order to achieve maximum progress, swimmers are encouraged to attend 5-6 practices each week (2 hrs each).

## **Meet Attendance**

Swimmers are expected to attend ASL home meets, and should communicate with the coach if unable to attend. Other ASL travel meets are strongly recommended, and swimmers should attend all Championship meets they are qualified for.

## **Goals of Pre-Senior Group**

Swimmers should be able to complete all of the following before moving out of the Pre-Senior Group:

- Demonstrate an ability to maintain a positive attitude and focus throughout workout
- Understand how attitude and actions affect teammates and the group
- Demonstrate consistent practice habits (5-6 practices per week)
- Demonstrate a commitment to attend all meets as recommended by the Coach
- Demonstrate goal setting skills
- Demonstrate motivation to train and compete in all strokes and distances at a high level
- Show an ability to balance academics and athletics and show excellence in both

# **ASL Senior Program**

## **High School Group (Target Age 13-18)**

*Offered at USCA and Riverwood Pools (not offered at AAC)*

This is a group designed for swimmers ages 13-18 who want to make year round swimming part of their lives, but don't want to make the commitment required of the Senior or Pre-Senior groups. The group will be focused on preparing the athletes to compete at the high school level as well as ASL meets as desired. Aerobic conditioning, technique, and speed work will be the primary areas of focus for the group.

There are no practice or meet requirements for the High School group. The goals are up to the swimmer, and the workouts will reflect each swimmer's desires.

## **Senior (Target Age 8<sup>th</sup> Grade – 12<sup>th</sup> Grade)**

*Offered at AAC Only*

The Senior group is a high-level training group with high practice and meet expectations. Senior swimmers will work on training longer distances, IM work, interval training, and aerobic base development along with essential speed work. Training will be geared to preparing the swimmer for state/regional competition and possibly the Senior National group and/or a collegiate career.

Dry-land training will be used and is designed to counter the muscular imbalances that can occur with a repetitive exercise such as swimming. The primary focus of the dry-land program is injury prevention; strength gains, muscular endurance, and explosiveness will be secondary benefits.

### **Requirements for entry into the Senior Group**

Swimmers must be able to complete the goals of the Pre-Senior Group as well as the following training sets:

10x200's free on 2:45

6x200's IM on 3:00

12x50's flutter kick with board on :55

### **Practice Attendance**

Swimmers are expected to attend all scheduled practices, and should communicate with their coach regarding any need to miss practice.

### **Meet Attendance**

Swimmers are expected to compete in all scheduled meets.

\*\*\*Entry into this training group is by invitation of the Program Director only. No swimmer will be placed in this group with a history of behavior problems, a poor

attitude, poor practice attendance or poor workout habits. Swimmers who show any of the traits listed above, are unable to meet the practice requirements, or can not keep up with the sets will be asked to leave the group and move into the High School Group.

## **Senior National (Target Age 9<sup>th</sup> Grade – 12<sup>th</sup> Grade)**

*Offered at AAC Only*

The Senior National group is the highest-level training group for ASL. Swimmers will work on training longer distances, IM work, interval training, and aerobic base development along with essential race-specific work. Training will be geared to preparing the swimmer for sectional/national/international competition and possibly a collegiate career.

Dry-land training will be used and is designed to counter the muscular imbalances that can occur with a repetitive exercise such as swimming. The primary focus of the dry-land program is injury prevention; strength gains, muscular endurance, and explosiveness will be secondary benefits.

This group will have a demanding practice schedule and members must be able to show the ability to balance athletics, academics, and social life. Two morning practices per week during most of the school year will be planned in addition to evening practices. During school breaks and the summer additional practices will be added.

### **Requirements for entry into the Senior National Group**

Swimmers must be able to complete the goals of the Pre-Senior Group as well as the following training sets:

8x300's free on 3:45

8x200's IM on 2:50

8x100's flutter kick with board on 1:45

### **Practice Attendance**

Swimmers are expected to attend all scheduled practices, and should communicate with their coach regarding any need to miss practice.

### **Meet Attendance**

Swimmers are expected to compete in all scheduled meets.

\*\*\*Entry into this training group is by invitation of the Program Director only. No swimmer will be placed in this group with a history of behavior problems, a poor attitude, poor practice attendance or poor workout habits. Swimmers who show any of the traits listed above, are unable to meet the practice requirements, or can not keep up with the sets will be asked to leave the group and move into the Senior or High School Group.