

Age Group 1 Navy
Swimmer Age Range: 6 - 10 years of age
5 years with coaches approval

Group Breakdown	Training	Performance	External Factors	Character Development
<p>9 and 10 Efficient in Fr and Bk with good side breathing and knows one of the other 2 strokes or able to legally perform the kicks</p> <p>8 and Under Able to show good technique in 3 of 4 strokes</p>	<p>Technique Can complete 25 yds of efficient Fr and Bk with knowledge of side breathing</p>	<p>Competitions Nothing Required</p> <p>Training Able to swim 25 yds with out struggling. Able to swim a couple repeats with out struggling in the water.</p>	<p>Time Management Skills Parents responsibility to get swimmer to practice on time</p> <p>Stress Management Skills None required</p> <p>Time Frame None required</p>	<p>Sportsmanship Respectful of coaches and teammates during practice, at team functions and swim meets.</p> <p>Social Skills Good listening Skills</p> <p>Takes instruction well</p> <p>Knows 50% of group by name</p> <p>Has no visible separation anxiety during practice. (crying during practice)</p> <p>Commitment to RICE Wears team team shirt to swim meets and assigned team functions</p> <p>Wears team cap during practice and at meets</p>



Age Group 1 White
Typical Swimmer Age Range: 6 - 10 years of age
11 years of age with coaches discretion

Group Breakdown	Training	Performance	External Factors	Character Development
<p>9 and 10 Efficient in Fr and Bk with good side breathing and knows one of the other 2 strokes or able to legally perform the kicks</p> <p>8 and Under Able to show good technique in 3 of 4 strokes</p>	<p>Technique •Can complete 25 yds of efficient Fr and Bk with knowledge of side breathing. •Swimmers exhibit good stroke technique for Br or Fly and typically have knowledge of other stroke or a legal kick</p> <p>8 and Unders •Exhibit good stroke technique in at least 3 of the 4 strokes •Have knowledge of 4th stroke</p> <p>Knowledge Knows how to properly hold a kickboard and use it during practice</p> <p>Able to Circle Swim Finishes to the wall on all sets</p> <p>8 and Unders can perform a Freestyle flip turn and finish with two hands on Br and Fly</p> <p>Able to read clock to swim 5-10 seconds apart. Knows the 60,15,30,45,20 and 40 for start times</p>	<p>Competitions •8 and Unders have competed in at least 2 swim meets</p> <p>Training •Able to swim 25 yds with out struggling. Able to swim a couple repeats with out struggling in the water.</p> <p>Able to send off in ready positions and streamline off the wall</p> <p>8 and Unders</p> <p>•Have a practice pace at least equivalent of the group •Can complete a 50 Fr and Bk</p> <p>•Consistently making 2 of the 3 practice while striving for 3</p>	<p>Time Management Skills •Parents responsibility to get swimmer to practice on time</p> <p>Stress Management Skills •None required</p> <p>Time Frame •8 and Unders have been in the Navy group for at least 2 sessions.</p>	<p>Sportsmanship •Respectful of coaches and teammates during practice, at team functions and swim meets.</p> <p>Understands lane etiquette</p> <p>Social Skills •Good listening skills</p> <p>•Takes instruction well</p> <p>Knows 50 % of group by name</p> <p>•Knows proper behavior on the walls. Heads above water, Eyes on coach, ears open ready to listen</p> <p>Commitment to RICE •Wears team team shirt to swim meets and assigned team functions •</p> <p>•Wears team cap during practice and at meets</p>



Age Group 2
Typical Swimmer Age Range: 8 - 12 years of age
7 and 8 years of age with coaches discretion

Group Breakdown	Training	Performance	External Factors	Character Development
<p>11 and Olders Entry point into RICE</p> <p>9 and 10 Typically efficient in all 4 strokes</p> <p>8 and Unders Efficient in all 4 strokes</p>	<p>Technique 11 and older entry point: Can complete 25 yds of efficient Fr and Bk with knowledge of side breathing.</p> <p>9 and 10 Able to swim a full 25 of all 4 strokes</p> <p>8 and Unders Exhibit good stroke technique in all 4 strokes</p> <p>Knowledge Knows how to properly hold a kickboard and use it during practice</p> <p>Able to Circle Swim</p> <p>Knows basic stroke drills</p> <p>Able to count distance swam</p> <p>Introduction of intervals and able to read pace clock</p> <p>Able to send off in ready positions and streamline off the wall to the flags</p>	<p>Competitions 9-10 actively competing in one meets session a month 8 and Unders have 8 and Under BB GULF times</p> <p>Swimmers are swimming 50's of all strokes, 100 IM and 100/200 Fr</p> <p>Training Able to swim repeat 25's and 50's with out struggling. Able to swim repeats with out struggling in the water.</p> <p>8 x 50's - Fr Swim 1:20</p> <p>8 x 50's - Fr Kick 1:30</p> <p>8 and Unders Have a practice pace at least equivalent of the group</p> <p>Can complete a 50 Fr, 50 Bk, 50 Br, 25 Fly and 100 IM</p>	<p>Nutrition Parents offer good source of food to fuel swimmers</p> <p>Time Management Skills Parents responsibility to get swimmer to practice on time Expected to make at least 65 % of practices offered</p> <p>Stress Management Skills Able to control emotions during practice and meets</p> <p>Time Frame 8 and Unders have been in the one of the Age Group 1 groups for at least 2 sessions.</p>	<p>Sportsmanship Respectful of coaches and teammates during practice, at team functions and swim meets.</p> <p>Understands lane etiquette</p> <p>Social Skills Knows proper behavior on the walls. Heads above water, Eyes on coach, ears open ready to listen</p> <p>Able to read clock to swim 5-10 seconds apart. Knows the 60,15,30,45,20 and 40 for start times</p> <p>Knows Group members by name</p> <p>Commitment to RICE Wears team team shirt to swim meets and assigned team functions</p> <p>Wears team cap during practice and at meets</p> <p>Knows one swimmer in an older group (non-sibling)</p>



Age Group 3
Typical Swimmer Age Range: 9 - 14 years of age

Group Breakdown	Performance	External Factors	Character Development	Training
<p>11 and Older Efficient in all 4 strokes</p> <p>9 and 10 Top 10 and Under Group</p>	<p>Competitions 9-10 actively competing in one meet a month while attending their highest possible meet</p> <p>11-14 years of age competing in multiple meets a session</p> <p>Swimmers are swimming 50's and 100's of all strokes, 200 IM and 200/500 Fr</p> <p>Training Able to swim repeat 50's and 100's with out struggling. Able to swim repeats with out struggling in the water.</p> <p>10 x 50's - Fr - 1:00 - 1:15 Stroke 1:05-1:20</p> <p>8 x 50's kick on 1:20</p> <p>T 15</p> <p>8 and Unders</p> <p>Have a practice pace at least equivalent of the group</p>	<p>Nutrition Demonstrates proper pre-meet meals</p> <p>Eats healthy snacks at meets</p> <p>Time Management Skills Parents responsibility to get swimmer to practice on time Expected to make at least 70 % of practices offered</p> <p>Stress Management Skills Learning to prioritize school work, social activities, other sports while swimming</p> <p>Time Frame 8 and Unders have been in the Age Group 1 or 2 for 3 sessions</p> <p>9-10's have typically come from Age Group 2</p>	<p>Sportsmanship Congratulates teammates regularly</p> <p>Able to look and listen when prompted by coaches</p> <p>Demonstrates proper meet behavior</p> <p>Social Skills Respectful of others space in practice</p> <p>Respectful of pool, locker room, team equipment and others property</p> <p>Actively engages in conversation with at least 3/4 of members in group</p> <p>Commitment to RICE Knows one swimmer in an older group (non-sibling)</p> <p>Actively wears RICE gear</p>	<p>Technique 11 - 14 year olds who are efficient in all 4 strokes and actively competing and working towards BB time standards</p> <p>9 and 10 Top 10 and Under Group</p> <p>8 and Unders Have 10 and Under BB times and have been in a USA program for multiple years</p> <p>Knowledge Knows advance stroke drills</p> <p>Can perform Pull outs</p> <p>Understands body position</p> <p>Knows how to perform a racing start</p> <p>Accurately counts practice distances and repetitions of sets</p> <p>Able to Kick out past flags in a streamline through out practice</p>



Age Group 4
Typical Swimmer Age Range: 11 - 14 years of age

Group Breakdown	Performance	External Factors	Character Development	Training
<p>11 and Older Multiple BB times in their age group. This a small group that is willing to train and make the next step getting into the Senior programs.</p> <p>Can hold 10 x 100 on 1:45</p>	<p>Competitions Competing in a meet a month while swimming at highest level championship meet each season</p> <p>Swimmers are swimming 100's/200's of all strokes, 200 IM/400 IM and 500/800/1000 Fr</p> <p>Swimming in IMX events for their age group</p> <p>Must have Multiple BB/A times for age group</p> <p>Training Swim 10 x 100 Fr on 1:45</p> <p>Kick 8 x 100 on 2:10</p> <p>Complete T 30</p>	<p>Nutrition Understands importance of good pre-meet meals</p> <p>Understands what a healthy snack is</p> <p>Time Management Skills Commitment to 4 practices per week or 80 % of offered practices</p> <p>Openly attending Saturday morning practices when offered</p> <p>Stress Management Skills Prioritizes schoolwork, social activities, and other commitments including swimming</p> <p>Time Frame Swam previously in Group 3 or another USA swim team</p>	<p>Sportsmanship Congratulates teammates regularly</p> <p>Spends time with teammates outside of swim practice and meets</p> <p>Social Skills</p> <p>Respectful of other swimmers space in practice</p> <p>Respectful of pool, locker room, team equipment and other property</p> <p>Aware of proper swim etiquette during practice</p> <p>Commitment to RICE Competes in highest level meet and relays for RICE</p> <p>Actively checks website, team blog and reads SPLASH</p> <p>Knows 1 swimmer in Senior 2</p>	<p>Technique 11 - 14 highly efficient in all 4 strokes</p> <p>Knows advanced stroke drills</p> <p>Has grasp of importance of Streamline and Dolphin kicks off walls</p> <p>Understands advanced body position skills</p> <p>Able to complete all IM turns and transitions</p> <p>Knowledge Accurately counts practice distance and reps of sets</p> <p>Knows how to Build and Descend sets</p> <p>Knows relay start</p> <p>Learning importance of how to swim sets and practices based on expectations for each set</p>



Senior 1
Typical Swimmer Age Range: 15 and Overs
High School Age

Group Breakdown	Performance	External Factors	Character Development	Training
<p>15 and Older High school age swimmer looking for more practice than high school has to offer.</p> <p>Swimmers wanting to enhance their current High School training</p> <p>Swimmers new to the program or working toward Senior 2 goal sets.</p>	<p>Competitions Swimmers encouraged to swim USA meets during High School season</p> <p>Swimmers are encouraged to actively compete in RICE meets during the longcourse season.</p> <p>Working towards IMX events</p> <p>Swims in High School JV or Varsity Meets</p> <p>Training Able to swim repeats at the practice pace</p>	<p>Nutrition Learning to eat a balanced diet and what fuels are needed for best practice performance</p> <p>Time Management Skills Swimmers are learning to manage both high school swimming and a year round club.</p> <p>Stress Management Skills Prioritizes schoolwork, social activities and other commitments including swimming</p> <p>Time Frame Must currently be on High School swim team or looking to swim in high school.</p>	<p>Sportsmanship Understands importance of team</p> <p>Positive work ethic during and after practice</p> <p>Social Skills</p> <p>Swimmer is learning about responsibilities of swimming year round and performance - practice habits/ attendance relationship</p> <p>Commitment to RICE Knows 1 younger team member and 5 swimmers in group from another high school team</p> <p>Competes at highest level of competition</p>	<p>Technique Legal in all 4 strokes and demonstrates good knowledge of all turns and transitions.</p> <p>Knows RICE stroke drills</p> <p>Learning importance of Season Goals</p> <p>Knows importance of balance and posture</p> <p>Learning importance of decreasing resistance</p> <p>Accurately counts practice distance and sets</p> <p>Knows how to descend and build</p>



Senior 2
Typical Swimmer Age Range: 15 yrs old to Post Grad
14 and Unders with coaches discretion

Group Breakdown	Performance	External Factors	Character Development	Training
<p>15 and Older Swimmers looking to train at the highest level and achieve TAGS/Sectional time standards.</p> <p>Swimmer must meet test set requirements as well as attendance requirements</p> <p>13 and Older Swimmers looking to train at the highest level and achieve TAGS/Sectional time standards.</p> <p>Swimmer must meet test set requirements as well as attendance requirements</p>	<p>Competitions Actively competing in RICE meets during the season and competing at their highest level meet available</p> <p>Swimmers are swimming 100's/200's of strokes, 200/400 IM and 500/800/1000/1650 Fr</p> <p>Training Able to swim 10 x 100's on 1:25</p> <p>Able to swim 6 x 200 IM's on 3:15</p> <p>10 x 100 Kick on 2:00</p> <p>Complete T 30</p>	<p>Nutrition Demonstrates eating a balanced diet and basic fuels used for swim practices</p> <p>Brings water bottle to practice for hydration and any needed snack (cliffbar, powerbar, carnations instant breakfast) for post work out recovery</p> <p>Time Management Skills Afternoon practice count as full practice and mornings as 1/2 practice. Swimmer must attend 5 full practices.</p> <p>Ex: 2 mornings and 4 afternoons</p> <p>Swimming is number one extracurricular activity</p> <p>Stress Management Skills Prioritizes schoolwork, social activities and other commitments including swimming</p> <p>Time Frame Must have been in Age Group 4 or Senior 1 for 1 year</p>	<p>Sportsmanship Understands the importance of the team.</p> <p>Congratulates and encourages teammates regularly</p> <p>Demonstrates proper meet behavior (When winning and losing races)</p> <p>Social Skills</p> <p>Swimmer is not influenced by negative behavior of other swimmers</p> <p>Understands and takes responsibility for attendance and performance habits and how these relate to meet performance</p> <p>Commitment to RICE Knows 1 younger swimmer and their events Knows all teammates in their group. Competes in highest level meet qualified Actions show dedication to the team and promotes the team and values of team Actively checks RICE website and blog</p>	<p>Technique Must be able to complete a legal 100 of each stroke.</p> <p>Knows advanced stroke drills</p> <p>Understands relationship between DPS, Stroke Rate and Swimming Speed</p> <p>Knowledge Sets yearly, seasonal and monthly goals</p> <p>Able to understand and train according to Aerobic and Anaerobic training</p> <p>Knows the relationship between personal commitment level and results</p>

