

# WEST CHICAGO SHARKS PRACTICE GROUPS

Group Name	Entry Requirements	Test Set	Group Goals
<p><b>S</b></p> <p><b>SILVER</b></p>	<p>Must be able to swim 50-feet on the stomach and back unassisted.</p>		<p>This group will focus on freestyle and backstroke. the coaches will also introduce breaststroke, butterfly, racing starts, open turns. Silver will also focus on basic practice routines. Even though these teammates are new to the sport, we strongly encourage these swimmers to participate in swim meets.</p>
<p><b>G</b></p> <p><b>GOLD</b></p>	<p>Must be able to swim 100-yd. of freestyle and backstroke and have competed legally in swim meets in three of the four strokes.</p>		<p>Swimmers on the Gold Team will work on the skills that will allow them to advance to the appropriate age group practice. Skills to master include legal execution of all four strokes as well as the starts and turns needed for competition. Swimmers will also be introduced to interval training doing workout sets with a pace clock. Swimming in meets is crucial for the development of these swimmers.</p>
<p><b>8</b></p> <p><b>8 &amp; UNDER</b></p>	<p>Must be able to legally swim 100-yd. in three of the four strokes.</p> <p>Dive Certified.</p>		<p>Our 8 &amp; unders will practice the four competitive strokes to perfect technique. While time improvement is a goal of the group, the main focus will be in technique development, racing skills, and ensuring good workout habits.</p>
<p><b>9</b></p> <p><b>9-10</b></p>	<p>Must be able to legally swim 100-yd. in all four strokes.</p> <p>100 IM legally in a meet.</p> <p>Dive Certified.</p>		<p>The 9-10's will further their skill mastery of the four competitive strokes, starts, and turns. Racing skills and endurance training will also be integrated into practices sessions. Swimmers in this group should set goals to achieve cuts for Regionals, Age Group Champs, and NASA.</p>
<p><b>J</b></p> <p><b>JUNIOR</b></p>	<p>Swimmers 11 and older</p> <p>Must be able to legally swim a 200 IM in a meet.</p> <p>Dive Certified.</p>		<p>The Junior team offers an excellent opportunity for swimmers who are not yet able to complete the test sets for JE or SR-RS. The goals of this group are to achieve the training and technique changes need to advance to a higher group and to attain Regional cuts.</p>

<p><b>JE</b></p> <p><b>JUNIOR ELITE</b></p>	<p>Swimmers 11-14 years old. Must have two Regional cuts or head coach's approval.</p> <p>Must be able to legally swim a 200 IM in a meet.</p> <p>Dive Certified.</p>	<p>20 x 100's on 1:40</p> <p>10 x 50's kick on 1:10</p>	<p>JE is for our most competitive age-group swimmers. Goals for this group are to qualify to Age Group State and NASA. Practice attendance and meet participation should be at the highest level.</p>
<p><b>SR-RS</b></p> <p><b>SENIOR REGIONAL &amp; STATE</b></p>	<p>Swimmers aged 13 &amp; older.</p> <p>Must be able to legally swim a 400 IM in a meet.</p> <p>Dive Certified.</p>	<p>20 x 100's on 1:30</p> <p>10 x 50's kick on 1:00</p>	<p>SR-RS is for serious swimmers who wish to advance to Regional and State competition. Goals for this group are to achieve multiple Regional cuts and try to attain State cuts. Practice attendance and meet participation should be at the highest level.</p>
<p><b>SR-SN</b></p> <p><b>SENIOR STATE &amp; NATIONAL</b></p>	<p>Swimmers aged 13 &amp; older.</p> <p>Must have four Regional cuts or one State cut.</p> <p>Must be able to legally swim a 400 IM in a meet.</p> <p>Dive Certified.</p>	<p>10 x 100's free on 1:20</p> <p>10 x 100's stroke or IM on 1:40</p> <p>10 x 100's kick on 1:50</p>	<p>SR-SN is our elite training group and is for the members who place swimming as the top of their activities priorities. Swimmers in this group are required to swim year-round and maintain an 80% practice attendance. Parents should not plan trips or vacations during swim season. Meet attendance is mandatory. Swimmers in this group will set their goals to qualify to State and National competition.</p>

**DIVE CERTIFIED:** USA-Swimming requires swimmers to be able to dive from the starting blocks showing streamlining technique and be able to control his/her depth.

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