

COOL COMPETITIVE TRAINING GROUPS

BRONZE

For swimmers who are ready to develop into competitive swimmers, both mentally and physically. This group is subdivided into two levels by ability and skill, allowing swimmers to progress and excel at their own pace.

- **Age:** 6 and up
- **Attendance:** 5-6 practices offered per week. Swimmers are recommended to attend 2-3 practices/week to achieve maximum benefits from training.
- **Personal:** Increased commitment and focus, introduction to personal goal setting, increased effort to improve technique of all strokes, starts, and turns.
- **Competition expectations:** Expected to participate in COOL-hosted meets when swimmer and coach feel the swimmer is ready. Participation in other meets is optional.
- **Equipment:** Swimsuit, goggles, swim cap, water bottle
- **Requirements:** Swimmers should be able to swim a length of two different strokes, but it is not a necessary requirement. Swimmers must attend a try-out with the Head Coach.

SILVER

For swimmers who are older than 11 and not in high school. This group focuses on an introduction dryland training, stroke refinement, and endurance building.

- **Age:** 11-13
- **Attendance:** 5-6 practices offered per week. Swimmers are recommended to attend at least 3 practices per week.
- **Personal:** Increased commitment and focus, willingness to work on strengthening the core through a dryland routine, and knowledge of personal goals.
- **Competition expectations:** Expected to participate in COOL-hosted meets. Participation in other meets is optional.
- **Equipment:** Swimsuit, swim cap, goggles, water bottle, Speedo Optimus fins, running shoes.
- **Requirements:** Swimmers should be able to swim all four strokes.

GOLD

This group is geared towards older swimmers of various backgrounds and abilities who wish to develop and improve their swimming skills in an organized practice setting. The group may consist of swimmers prepping for high school swimming or summer league swimming, swimmers wanting to condition for other seasonal sports, older novice swimmers wishing to learn the competitive strokes, and swimmers wishing to swim for fitness.

- **Age:** 13 and up
- **Attendance:** 5-6 practices offered per week. No attendance requirements. although swimmers are encouraged to attend 2-3 times a week to achieve maximum benefits from training.
- **Personal:** Motivation and willingness to improve, knowledge of personal goals.
- **Competition expectations:** Gold swimmers are encouraged to participate in meets if they wish.
- **Equipment:** Swimsuit, goggles, swim cap, water bottle
- **Requirements:** Swimmers should be able to swim a length of two different strokes, but it is not a necessary requirement. Swimmers must attend a try-out with the Head Coach.

PLATINUM

For older swimmers who would like to continue growing and improving as competitive swimmers. This program encourages swimmers to realize their potential through dedication, perseverance, and personal goal achievement.

- **Age:** 13 and up
- **Attendance:** 5-6 practices offered per week. Commit to maintain 80% practice attendance.
- **Personal:** Motivation to succeed, willingness to learn and improve, knowledge of personal best times and of personal goals.
- **Competition expectations:** Participate in as many meets as possible including COOL-hosted meets, championship meets, and specific coach designated meets upon qualification.
- **Equipment:** Swimsuit, goggles, swim cap, Speedo Optimus fins, equipment bag, water bottle, running shoes.
- **Requirements:** Swimmers should be able to swim all four strokes.