

## **Practice Groups**

### **Pre-Competitive**

This group is for 6 to 12 year olds. Swimmers must be screened to be placed in this practice group. Swimmers must be legal in 2 of the 4 competitive strokes and be able to swim 25 continuous yards. This practice group runs two 10 week sessions and two 6 week sessions. The group will be divided into ability practice lanes. Pre-Competitive is a Non Member/Member program.

### **Mini Barracuda**

This group is for 8 and under swimmers. Swimmers must be screened and legal in 3 of the 4 competitive strokes. Three practices are offered per week. Swimmers are encouraged to attend 2 practices per week to properly prepare them for the Junior Barracuda group.

### **Jr. Barracuda**

This group is for 9 and 10 year olds. Five practices per week are offered. Swimmers are highly encouraged to attend three practices per week. Four to five practices are strongly encouraged for swimmers to be properly prepared for the Blue practice group.

### **Campbell County Group**

This group is for 6 to 12 year olds. Four practices per week are offered. Swimmers are encouraged to attend 3 practices per week. Four practices per week are strongly recommended to properly prepare swimmers for the White I or White II groups. 8-under swimmers must be legal in 3 of the 4 competitive strokes. 9 to 12 year old swimmers must be legal in 3 of the 4 competitive strokes.

### **Clermont County Group**

This group is for 6 to 12 year olds. Three practices per week are offered. Swimmers are encouraged to attend as many practices as possible. Swimmers must be legal in 3 of the 4 competitive strokes.

### **Blue**

This group is for 11 and 12 year olds. Six practices are offered. Swimmers are highly encouraged to attend 4 to 5 practices per week in order to be properly prepared for the White I or White II practice groups.

### **White I**

This group is for 13 and over swimmers. Five 1 hour & forty five minute practices per week are offered. Swimmers are encouraged to attend 4 practices per week. Five practices per week are strongly encouraged for swimmers to be properly prepared for the White II practice group.

### **White II**

This group is for 13 and over swimmers. Six 2 hour practices per week are offered. Swimmers must attend 5 practices per week, however 6 are strongly recommended. Swimmers may participate in a fall activity. A fall activity is not encouraged for this practice group. If swimmer with the coach's permission participates in a fall activity, the swimmer must understand they need to stay in touch with the water during that fall sport.

### **Red I**

This practice group is for high school swimmers only. Five 1 hour & forty five minute practices per week are offered. This group will only practice for the months of September and October. This group is designed for the high school swimmer looking to get a jump on the high school swimming season. Once the high school season starts, swimmers will train with their high school team. Swimmers wishing to continue with ABLY will move into the White I practice group. This is a Member/Non Member practice group.

### **Red II**

This group is for 13 and over swimmers. Six 2 and ½ hour practices per week and three 1 and ½ hour practices are offered per week. Swimmers must attend all practices offered each week. Practices missed must be cleared with the group coach. This practice group is for swimmers that have achieved or are close to a YMCA National or USA Swimming Sectional cut. The focus of this practice group is on national level competition. Swimmers will be placed in this group at the coach's discretion. Due to the commit level of this group, swimmers will not be placed in this group too early.

### **Practice group age up**

All practice groups will use the YMCA age up date of 12/1 or 6/1 to determine age for upcoming season.

### **Practice group advancement 13 and over swimmers**

The following criteria will be used for moving swimmers from the Blue Group and Campbell County Group into either the White I or White II practice groups:

White I Group: Swimmers with 5 or less 11-12 Winter SW Cluster Championship cuts.

White II Group: Swimmers with 6 or more 11-12 Winter SW Cluster Championship cuts or 2 13-14 Winter SW Cluster Championship cuts.

The following criteria will be used for moving swimmers from the White I Group into the White II group:

13-14 swimmers must have 2 or more Winter SW Cluster Championship cuts.

15 & over swimmers must have 2 or more Winter SW Cluster Championship cuts.

The following criteria will be used for moving swimmers from the White I and White II groups into Red II:

Swimmer must have or be extremely close to a YMCA National or USA swimming Sectional cut.

Swimmers must also have displayed a year around commitment to training.

### **Practice group advancement 12 and under swimmers**

An 8-Under swimmer may be considered for the 9-10 practice group if the swimmer has the maximum Winter SW Cluster Championship cuts.

A 9-10 swimmer may be considered for the 11-12 practice group if the swimmer has the maximum Winter SW Cluster Championship cuts.