



2009-2010  
MASONS MANTA RAYS  
GROUP DESCRIPTIONS  
*Practice Times*



## **PRE-COMPETITIVE**

### **PUPS PROGRAM**

The Pups program is a 6 to 8 week program that bridge athletes from swim lessons to a competitive swimming environment. There is one session in the fall (Sept 18-Nov 20), one late winter (Feb 17-Mar 24), and one in the spring (April 14-May 28). The 6-8 week "season" includes an introduction to all four competitive strokes and turns. Swimmers must have passed level 6 swim lessons to be eligible. The group practices twice a week for 40 minutes at a time from 4:25-5:05 on Wednesday and Friday. Swimmers will swim in two meets around the middle and end of each "season" with ribbons given out after each meet. A small team party is held following the last practice. More details including costs will be sent if your swimmer is selected to participate. Approximate Cost: \$130-160.

## **DEVELOPMENTAL YEAR ROUND**

### **WHITE**

The White group is for swimmers who have little competitive experience usually 10 years old and younger. The main emphasis in this group will be on increasing the efficiency of freestyle and backstroke and teaching breaststroke and butterfly. Start and turn technique will also be taught. Games and drills are used to keep swimming fun.

*Practice Schedule September-May: W & F: 5:05-5:45 p.m., and Saturday 12:30 p.m.-1:30 p.m.*

### **GREEN**

The Green group is for swimmers who have some competitive experience 8 years old and younger. The main emphasis in this group will be on increasing the efficiency of the four competitive strokes. Start and turn technique will be taught with an introduction to interval training. Games and drills are used to keep swimming fun.

*Minimum Requirements:* Must be able to swim 25 yards of each of the four competitive strokes legally and complete a 200-yard (8 lengths) swim with out stopping. Proficient form is not required. Swimmer should be able to pay attention to coach instruction. Swimmers should strive for National "B" time standards  
Two to three practices a week are recommended.

*Practice Schedule September-May: W & F: 5:45-6:45 p.m., and Saturday 11:30 a.m.-12:45 p.m.*

### **BLUE**

This group is for more experienced swimmers ages 7-10 years old. Group will advance mechanics in all four strokes and prepare swimmers for competition. Starts, turns, and drills will be the primary emphasis with a moderate amount of aerobic training. Flip turns should be implemented at every wall for freestyle and backstroke and perform legal turns for butterfly, breaststroke, and individual medley transitions. Swimmers should begin developing leadership skills in the pool (lead your lane) and during stretching and exercises. Games, flexibility, and leg/abdominal exercises will be used in dryland sessions. Swimmers should strive for 100% National "B" time standards. Two to three practices a week are recommended.

*Minimum Requirements:* Swimmer should be able to legally swim freestyle, backstroke, butterfly and breaststroke and complete a 400-yard (16 lengths) swim without stopping for rest.

*Practice Schedule September-May: W & F: 6:30-7:45 p.m., and Saturday 10:45 a.m.-12:00 p.m.*

## **BRONZE**

This group is for advanced 8 year olds and 9 & older with increased focus on mechanics of competitive strokes, starts & turns, as well as further introduction to competition, training, and dryland exercises. Swimmers should be willing to learn about themselves and their potential capabilities by working towards achieving challenges set before them. More conditioning and endurance work is emphasized on a consistent basis. Dryland consists of core exercises and flexibility drills.

*Minimum Requirements:* Swimmer should be able to complete a 15-minute continuous swim. Swim 200 yards of freestyle, 100 yards of backstroke, 50 yards of breaststroke, 50 yards of butterfly and a 100-yard I.M. Three to four practices a week are recommended.

*Practice Schedule September-May: M: 5:45-7:30 p.m., W: 7:15-9:00 p.m. F: 6:30-8:00 p.m. and Saturday: 10:15 a.m.-11:45 a.m.*

## **AGE GROUP PERFORMANCE**

### **SILVER**

This group is for experienced 9 - 12 year olds and novice 13-14 year olds with increased focus on mechanics of competitive strokes, starts & turns, as well as further introduction to competition, training, starts & turns and dryland exercises. Swimmers should attend the recommended meets and understand the importance of being on time for warm-ups and practices. Swimmers will challenge themselves in practice and need to demonstrate an ability to balance activities and school with swimming. Goal setting will be emphasized. Dryland consists of core exercises and flexibility drills.

*Minimum Requirements:* Swimmer should be able to complete a 20 minute continuous swim, swim 400 yards of freestyle, 100 yards of backstroke, 100 yards of breaststroke, 50 yards of butterfly, and a 400 I.M. 10 & Under swimmers should have at least a National "BB" time in the 200 IM and Freestyle. Four practices a week are recommended.

*Practice Schedule September-May: M: 7:15-9:00 p.m., T & TH: 6:30-8:30 p.m, Saturday: 8:45-10:30 a.m.  
(\*Practice times may change with dryland before or after)*

### **GOLD**

This group is for advanced 10 and experienced 11-15 year olds emphasizing preparation for competition in USA-Swimming meets. Higher level of drill work, stroke work, starts, and turns with increased attention to aerobic training and speed work. IM/distance work will be used on a consistent basis. Swimmers should have the desire to improve their swimming. They should understand and take responsibility for attendance and performance in practice and in competition. These swimmers should encourage themselves and others to work hard, listen carefully to instructions, and demonstrate a positive attitude about swimming. The concept of mental training and race preparation are introduced in this group. Dryland consists of core, flexibility, and legwork.

*Practice Requirements:* Swimmer should be able to complete a 25 minute continuous swim, swim 500 yards of freestyle, 200 yards of backstroke, 200 yards of breaststroke, and 200 yards of butterfly and a 400 yard I.M. Four to five practices a week are recommended.

*Practice Schedule September-May: M&W: 6:30-8:45 p.m., T&TH: 5:45-8:00 p.m., and Saturday: 9:00-11:00 a.m.  
(\*Practice times may change with dryland before or after)*

## **SENIOR PROGRAM**

### **PLATINUM**

Platinum swimmers are generally 13 years old and older who are committed enough to the sport to practice at least five to six days a week depending on their age. Platinum swimmers are expected to participate in LSC (local swimming committee) championship meets. The priorities in the Platinum Group are skill development and physical conditioning, along with the development of mental training and race preparation concepts. You should be willing to be a leader in the pool and during stretching and exercising. Demonstrate good sportsmanship by encouraging younger less experienced Manta Rays to work hard towards their goals and support the goals of their teammates. Platinum swimmers should demonstrate healthy eating and sleeping habits and manage their time wisely. Short and long term personal and swimming goals should be set in this group and from these develop daily "mini-goals" Conditioning takes on a greater importance and all previous technical instruction will be continued and advanced. Dryland includes abdominal strengthening, cords, medicine balls and some weight training for 13 and older swimmers.

*Minimum Requirements:* Swimmer should be able complete a 30 minute continuous swim, complete a 500 yard freestyle, 200 yard backstroke, 200 yard breaststroke, 200 yard butterfly, and 400 yard I.M., Complete 10 x 100 free on 1:25; 10 x 100 I.M. on 1:35.

Swimmers are expected to attend at least 5-6 practices per week depending on age.

*Practice Schedule September-May: M-W-F: 4:15-7:00 p.m., T-TH: 4:15-7:00 p.m. and Saturday: 6:50-9:00 a.m.*

### **VARSITY:**

This is a group for high school aged swimmers who want to train and compete with their respective high school during the H.S. season and then continue swimming year-round. Swimmers should be positive representatives of the Mason Manta Rays when representing their high school team. Swimmers abilities range from average high school level swimmer to USA Swimming Sectional level cuts. Due to the practice times, this group primarily consist of Mason students.

*Minimum Requirements:* To be set by Coach Sullivan. Swimmers are expected to attend at least 5-8 practices per week.

*Practice Schedule September-October: (SWIM WITH PLATINUM—See above practice times)*

*Practice Schedule February-May: M-T-W-TH-F: 2:30-4:15 p.m.*

*Summer Practice Schedule: M: 6:15-7:45 p.m., T: 6:15-8:00 a.m., W & F: 8-10 a.m. TH: 4:45-6:45 p.m.*

### **NATIONAL**

National is a select group of swimmers, usually 16 years old and older, who have made swimming a very high priority in their life and are committed to reaching their full potential. Swimmers should be able to handle time management of their swim schedule and schoolwork. They should be motivated to operate in the proper training environment as a young adult, be responsible for themselves, and in control of the factors that operate their body (sleep, nutrition, and psychological preparation). National will work on training longer distances and IM work, interval training, and aerobic base development along with essential speed work. They are able to participate at the sectional and national level. The training will emphasize endurance through repetition.

Swimmers are expected to be at every practice and must notify the coach *before* missing a practice.

*Practice Requirements:* Swimmer should be able to complete 15 x 100 on 1:15 averaging 1:10 or faster, 10 x 200 on 2:35 averaging 2:20 or faster. Swimmers should have multiple USA Sectional time standards.

*Practice Schedule September-October: M-T-W-TH: 3:45-7:00 p.m., F: 3:45-6:00 p.m. and Saturday: 6:45-10 a.m.*

**Ability Group assignments are made by the coaches, and are entirely at their discretion. Swimmers may not change ability groups without prior coach approval, and no swimmer may practice with a more advanced ability group.**