

# Developmental Program

Groups in the Developmental Program are designed to teach proper technique of competitive swimming strokes, and basics. These groups offer a great transition from swim lessons to more independent swimming. Our Developmental Program will also introduce healthy stretching and dry-land exercises. Attendance to our Developmental Program is normally 2–3 practices / week. Saturday practices are posted on the team website (if available).

## **TEAL (typical ages 4-1/2—8)**

Requirements: Swim 25 yards / meters (unassisted on stomach and back)

TEAL will focus on learning the proper technique of all four competitive strokes, through the use of drills and games. The TEAL group may register for selected swim meets on the meet calendar. Their primary competitive distances include 25—50 yards.

## **STROKE I (typical ages 6—10)**

Requirements: Swim 50 yards freestyle, swim at least 25 yards of 2 non-freestyle strokes.

STROKE I participants will focus on continued learning of proper swimming technique. The STROKE I group may register for selected swim meets on the meet calendar. Their primary competitive distances include 25, 50 and possibly 100's.

## **STROKE II (typical ages 8—11)**

Requirements: Swim 100 yards freestyle, swim 25 yards of 3 non freestyle strokes, perform basic turns, circle swim with the group during practice.

STROKE II will continue to progress with stroke technique. STROKE II will add starts and turns to their education of the sport of swimming. The STROKE II swimmers may register for selected swim meets on the meet calendar. Their competitive distances include 25, 50 and possibly 100's.

## **SENIOR I (typical ages 13—15)**

Same requirements as TEAL or STROKE

# Training Program

Groups in the Training Program are designed to utilize proper technique in a training / aerobic environment. The Training Program will teach key fitness concepts including heart rate and basic nutrition. The Training Program will also continue to utilize proper dry-land / stretching exercises to increase participant athleticism. Participants of the Training Program may also be involved with other sports programs (either school or community). Attendance to our Training Program is normally 3—5 practices per week.

## **JUNIOR I (typical ages 9—12) 75% attendance minimum**

Requirements: Swim 100 IM and 100 Freestyle demonstrating controlled breathing and a 50 of choice stroke (non-freestyle). JUNIOR I swimmers will increase their aerobic fitness level through continued use of proper technique. JUNIOR I will also continue learning concepts and strategies of competitive swimming. JUNIOR I swimmers are encouraged to register for swim meets on the calendar. Their competitive distances are 50's and 100's of stroke and 200's of freestyle and backstroke.

### **SAMPLE TEST SET:**

10 x 100 (maintaining good freestyle—controlled breathing) @ 1:40  
8 x 50 IM ORDER @ 1:00  
4 x 100 IM @ 2:15

## **JUNIOR II (typical ages 10—12) 80% attendance**

Requirements: 200 freestyle controlled breathing. Swim 100 yards of another stroke other than freestyle. Perform the 200 IM.

JUNIOR II swimmers will increase their aerobic training. JUNIOR II swimmers are expected to work with coaches to develop, outline and achieve goals. (swimming, dry-land and academics). JUNIOR II swimmers will continue learning concepts and strategies of competitive swimming. JUNIOR II swimmers are encouraged to register for swim meets on the calendar. Their competitive distances include 50's, 100's, 200's and the 500 Freestyle.

### **SAMPLE TEST SET:**

10 x 100 maintaining good freestyle @ 1:35  
5 x 100 IM @ 2:00 // 5 x 100 Kick @ 1:55  
3 x 200 Free @ 3:15

## **SENIOR 2 (typical ages 13—15)**

Requirements: 200 Freestyle controlled breathing. Swim all 4 competitive strokes. Perform a 200 IM. Senior II will follow Junior II plan as above.

### **SAMPLE TEST SET:**

10 x 100 Freestyle @ 1:35 // 6 x 100 Backstroke @ 1:50  
5 x 100 Breaststroke @ 2:00 // 3 x 100 Butterfly @ 2:10

# Competitive Program

Groups in the Competitive Program are designed to pursue swimmer's specific goals. Swimmers in the Competitive Program are striving to qualify for Championship level meets. Swimmers in the Competitive Program are expected to exhibit good sportsmanship, dedication to improvement, team work, time management, goal setting and volunteerism. Attendance to our Competitive program is normally 5-8 practices / week (some 2 practices /day)

## **SENIOR 3 (typical ages 13 & up) - 85% attendance**

Requirements: Swim 500 Freestyle (breathing every 3 strokes), swim 200 IM, swim a 100 of all 4 competitive strokes.

SENIOR 3 swimmers must have achieved the 13—14 AA Time Standards in at least 3 events.

**All other eligible times must be at or above the SCS Blue time standards.**

### **SAMPLE TEST SETS:**

12 x 100 FREE @ 1:20 // 8 x 200 IM @ 3:00  
8 x 50 IM ORDER @ 0.45 // 6 x 24 kick @ 30 (25 sec. or faster)

## **SENIOR 4 (typical ages 14 & UP) 90% attendance**

Requirements: Swim 500 Freestyle (breathing every 5 strokes) with flip turns. Race the 200 Freestyle and two other non-freestyle stroke. Swim a 400 IM.

SR-4 swimmers must have achieved 15—16 AAA time standards in at least 4 events.

**All other eligible times must be at SCS Invite times or faster.**

SR 4 swimmers are EXPECTED to compete at the highest level of competition of which they qualify, (including prelims, finals, relays)

### **SAMPLE TEST SET:**

8 x 100 FREE @ 1:15  
4 x 500 FREE @ 6:30 (holding 5:45 girls / 5:30 boys)  
8 x 200 IM @ 2:40 // 8 x 50 IM ORDER @ 40  
8x 25 KICK @ 25 (20 seconds or faster)  
8x100 KICK (4 x free / 4 x choice) @ 1:30