

Hilton Head Aquatics Group Criteria

2009-2010 Season

Every swimmer at Hilton Head Aquatics is registered with USA Swimming and is encouraged to compete. The coaching staff will determine what meets are best suited for each athlete in the program.

Pre-Team

This group is for 5-11 year olds that have not mastered freestyle or backstroke. In Pre-team the goal is teach all four strokes in a progression like manner. Swimmers are encouraged to make 2 practices a week. Average daily yardage N/A

Nova

This group is for 7-11 year olds that know all four strokes, but are not quite proficient in all of them. In this group stroke technique and kicking with a board is 80% of the daily workout. Swimmers are encouraged to make 2 practices a week. Average daily yardage 500-1000 yards.

Bronze

This group is for 8-11 year olds that are proficient in all four strokes. In this group stroke technique and kicking with a board is 70-80% of their daily workout. Athletes will start some interval training as they learn how to read the clock. Swimmers are encouraged to make 2-3 practices a week. Average daily yardage 1000-2000 yards.

Silver

This group is for 9-12 year olds. In this group stroke technique and kicking with a board are 50-60% of their daily workout. Interval training starts to become a bigger component at this point. The swimmers in this group are working developing the 200IM and 500 Free and the goal of competing at the state and sectional level. This group is encouraged to make 4 - 5 practices a week. Average daily yardage 4000 - 5000 yards

Gold

This group is for 11-14 year olds. In this group stroke technique and kicking with a board are 40-50% of their daily workout. Interval training is part of the daily routine. The swimmers are preparing to swim the 200's stroke, 400IM, 500, 1000 and 1650Free. The goal of this group is to be prepared to swim at the state and sectional level. The group is encouraged attend 4-5 practices a week. Average daily yardage 4000-6000 yards

Senior II

This group will be our Senior II group which will be for swimmers that are 13-Over. This is a great opportunity for athletes who are getting ready for high school swimming, cross training for other sports, and triathlon training. Coach Jack and Alex will be working with this group. We will transition some swimmers from other groups into this group. This group is encouraged to attend 3 practices a week. Average daily yardage of 3,500 – 5000 yards.

Senior

This group is 13-18 year olds. In this group stroke technique and kicking with a board are 30-40% of their daily workout. Interval training is part of the daily routine. The swimmers start to do some specializing at this level but with the training emphasis geared towards the 200's of stroke, 400IM, and 500/1000/1650Free. The goal of this group is to be prepared to swim at the sectional, Junior National, and National level. It is required that all athletes make 100% of all practices. Average daily yardage 6500-9000 yards.