



## PACK PROGRAM DESCRIPTIONS

### TECHNIQUE AND FITNESS (1 practice/week @ 45 minutes/practice)

- Seasonal introduction group only provided from September – February generally for ages 14 and under
- Entrance requirement is that the swimmer must be able to swim a legal 25 of all four competitive strokes
- Focus: Technique, kicking, and a small amount of sprinting
- Equipment – fins, kickboard, and a water bottle

### COPPER (2 practices/week @ 30 minutes/practice)

- Seasonal entry group only provided from September – April
- Entrance requirement is that the swimmer must be able to swim a legal 25 yards of both freestyle (with rotary breathing) AND backstroke
- Focus: Developing the breaststroke kick, streamlining, lane etiquette (circle swimming), and diving from side
- Equipment – fins, kickboard, and a water bottle
- Exit from group when a legal 25 breaststroke is accomplished

### BRONZE (3 practices/week @ 45 minutes/practice)

- Entry-level competitive group
- Entrance requirement is a legal 25 of freestyle (with rotary breathing), backstroke, and breaststroke
- Focus is the continuation of technique work, racing starts from the blocks, competitive turns and underwater butterfly kicking
- Butterfly is developed to allow completion of a 100 IM
- Building of endurance to a 50 yard swim of all competitive strokes
- Entry level dryland work introduced at beginning of each season for balance, coordination, and overall athleticism
- Equipment – Fins, kickboard, and a water bottle
- A minimum of two practices per week is expected for proper swimmer growth
- Meet participation is encouraged

### SILVER (4 practices/week @ 1 hour/practice)

- Entry-level training group
- Entrance requirement is a legal 50 of all four competitive strokes, able to swim a 100 IM and 100 freestyle, with knowledge of competitive turns
- Focus is on the IM READY/ IMX events posted by USA Swimming
- Building toward legal 100 of each stroke
- Interval training is taught
- Light dryland training is done at beginning of each season for balance, coordination, and overall athleticism
- Equipment – fins, kickboard, and a water bottle
- A minimum of three practices per week is expected for proper swimmer growth
- Meet participation is expected

*\*Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership\**

## **GOLD (5 practices/week @ 1.5 hours/practice)**

- Entrance requirement of a legal 100 of all four competitive strokes, a 200 IM, and a 200 free
- Focus is on the USA Swimming IMX events and attempting to swim all age available events
- Middle distance training introduced
- Average training yardage per practice: 2500 – 3500 yards
- Goal meets of Gulf Champs and/or TAGS
- Double practices are introduced (optional) during summer and winter times
- Moderate level work of drylands at the beginning of every season for balance, coordination, and overall athleticism
- Equipment – fins, kickboard, and water bottle
- Monthly attendance expectation of 80% for proper swimmer growth
- Meet participation is expected

## **ADVANCED (5 practices/week @ 1.75 hours/practice)**

- Minimum age of 10
- Entrance requirement of a legal 200 of all four competitive strokes, 400 IM, and a 500 free
- High level of training, work ethic, and maturity
- Average training yardage of 4500 – 5500 per practice
- Base training interval for freestyle is 10 X 100 @ 1:30
- Distance swimming is introduced
- Goal meets are Gulf Champs and/or TAGS
- All age available events are swum once a season at swim meets with heavy emphasis on USA Swimming IMX events
- Double practices and Saturday workouts are encouraged when offered during winter and summer
- Hard drylands are integrated into training for general strength building, flexibility, and continued coordination development
- Equipment – fins, kickboard, paddles, and a water bottle
- Monthly attendance expectation of 85% for proper swimmer growth and development

## **JUNIOR ELITE (5-6 practices/week @ 2 hours/practice)**

- PACK's Elite Age Group Training Program
- Entrance requirement is based on coach recommendation, present group attendance, strong training/work ethic, possession of TAGS qualifications, and internal SWIMMER-driven motivation
- Minimum age of 10 until the summer of their eighth grade year
- All age available events are swum multiple times per season
- Double practices and Saturday workouts are expected (with respect to age)
- Focus meets are Gulf Champs, TAGS, or Junior Nationals
- Prep group for the Pre-National Elite group
- No summer league participation AFTER the summer between their 6<sup>th</sup> and 7<sup>th</sup> grade year
- Heavy drylands are integrated into training for general strength building, flexibility, and continued coordination development
- Equipment – fins, kickboard, paddles, and a water bottle
- Monthly attendance expectation of 90% for proper swimmer growth and development

*\*Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership\**

## HIGH SCHOOL (3 practices/week @ 1.5 hours/practice)

- Seasonal high school supplement group provided from September – January
- Entrance requirement is that the swimmer must be able to swim a legal 100 of all four competitive strokes AND a 200 IM
- Focus: Technique, sprinting, kicking, and technical aspects of racing
- Equipment – fins, kickboard, paddles, and a water bottle

## SENIOR (5 practices/week @ 2 hours/practice)

- Swimmers may only move into this group AFTER their 8<sup>th</sup> grade year
- Entrance requirement of a legal 200 of all four competitive strokes, 400 IM, and a 500 free
- High level of training, work ethic, and maturity
- Average training yardage of 5500 – 6500 per practice
- Base training interval for freestyle is 10 X 100 @ 1:20
- Goal meets are Gulf Champs and/or Sectionals
- All age available events are swum once a season at swim meets with heavy emphasis on USA Swimming IMX events
- Double practices and Saturday workouts are strongly encouraged when offered
- Heavy drylands are integrated into training for general strength building, fitness, and flexibility
- Equipment – fins, kickboard, paddles, pull buoy, and a water bottle
- Monthly attendance expectation of 85%

## PRE-NATIONAL ELITE (5-6 practices/week @ 2 hours/practice)

- Entrance requirement is based on Head Coach approval, present group attendance, work ethic, and internal SWIMMER-driven motivation
- Swimmers may only move into this group AFTER their 8<sup>th</sup> grade year
- No summer league participation the summer BEFORE entering group and thereafter
- All age available events are swum multiple times throughout season
- Focus meets of Sectionals and/or Junior Nationals
- Members are expected to be at all team functions
- Training, nutrition, recovery, and team responsibility are athlete's primary focus
- Equipment – fins, kickboard, paddles, pull buoy, snorkel, Zoomers, and a water bottle
- Monthly attendance requirement of at least 95%

## NATIONAL ELITE (5-6 practices/week @ 2.5 hours/practice)

- PACK's premier training and performance group
- Athlete must have Head Coach approval, swim at least one full year in the Pre-National Elite group, and have either 6 Sectional swims OR 1 Junior National cut
- Focus on making Junior, Senior National and Olympic Trials qualifications
- Members are expected to be the leaders of the team in every aspect with participation on at least one PACK committee and attendance at all team functions
- Training, nutrition, recovery, and team responsibility are athlete's primary focus
- Equipment – fins, kickboard, paddles, pull buoy, snorkel, Zoomers, and a water bottle
- Monthly attendance requirement of at least 95%

*\*Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership\**