

**Elmbrook Swim Club
Training Group Progression
“Gatorometer”**

The Elmbrook Swim Club consists of eight (8) different training groups to accommodate the various abilities and commitment levels of our athletes. Movement between groups is based upon the following criteria with the final placement based upon the professional judgment of the coaching staff.

| Training Group | Age | Freestyle Time | Competitive Strokes | Training Series | Commitment Level |
|-------------------------|-------|---|---|-----------------|----------------------------------|
| Senior I | 13&O | 200 Yard Freestyle Boy 2:00.00 Girl 2:06.00 | Legal 400 IM | 8x100x1:15.00 | 90% Workouts 90% Competitions |
| Senior II | 13&O | 200 Yard Freestyle Boy 2:10.00 Girl 2:16.00 | Legal 200 IM | 8x100x1:20.00 | 80% Workouts 80% Competitions |
| New Senior | 13&O | Non-Stop Swim Boy/Girl 500 Yards | (3) Legal Strokes | 6x100x1:45 | 70% Workouts 70% Competitions |
| Age Group I | 09-12 | 100 Yard Freestyle Boy/Girl 1:14.00 | Legal 200 IM | 10x50x:50 | 60% Workouts 60% Competitions |
| Age Group II | 08-12 | 50 Yard Freestyle Boy/Girl 36.00 | Legal 100 IM | 10x50x1:00 | 50% Workouts 50% Competitions |
| Age Group Transition | 07-12 | 50 Yard Freestyle Boy/Girl 46.00 | (3) Legal Strokes | 8x50x1:10 | 50% Workouts 50% Competitions |
| Novice Gold | 06-10 | 25 Yard Freestyle Boy/Girl 23.00 | (2) Legal Strokes | 6x25x:35 | 50% Workouts 50% Competitions |
| Novice Silver | 06-09 | Non-Stop Swim 25 Yards | (1) Legal Stroke Freestyle w/ Rotary Breathing | None | 50% Workouts 50% Competitions |