KKF Lessons and Team Training Groups

The coaching staff will determine placement of a swimmer in a lessons or team training group based on age, ability, commitment, work ethic, maturity, and sportsmanship all in the best interest of the swimmer. The following descriptions are general guidelines for each swim group:

KKF LESSONS

Lessons Level 3

Swimmers starting this level must have a rudimentary understanding of the Front crawl and Backstroke, be able to swim at least 12-15 yards with a combination of both strokes and sculling, and must be comfortable in the deep end of the pool. Swimmers will be introduced to treading water and to rotary breathing.

Class Goals: Increase endurance and water confidence, introduce the Breaststroke (whip) kick. Improve mechanics of Freestyle and Backstroke. Master treading water and rotary breathing ("breathe and blow").

Lessons Level 4

Swimmers starting this level should have passed Level 3 of KKF lessons or equivalent. Swimmers will work on improving Front Crawl and Backstroke and will be introduced to actual Breaststroke and the dolphin (Butterfly) kick. Swimmers will learn to dive from the side, come up, and start swimming front crawl stroke or backstroke for 15-25 yards. Swimmers will pass Level 4 Lessons when they can comfortably swim 25 yards with side breathing and can swim 25 yards of backstroke without stopping.

Class Goals: Amplify endurance, study Breaststroke, introduce bilateral breathing for Freestyle, and continue to work on all strokes.

KKF TEAM TRAINING GROUPS

Puffin is the beginning level group of developmental swimmers who are comfortably able to swim a minimum of 25 yards front crawl and 25 yards backstroke. Swimmers will learn advanced front crawl stroke and backstroke skills, breast stroke, butterfly, flip turns and diving off the block. Swimmers will be introduced to using the pace clock, pull buoys, and practice sets. This group will focus on enjoying the water, meeting new challenges, gaining endurance, and building confidence in these young swimmers. Swimmers may advance beyond Puffin when they can swim all four strokes and do flip turns. ***Three practices each week are recommended.***

Intermediate Groups

Swimmers in the Intermediate Groups must be able to complete a legal 100 yard I.M. with proficiency in every stroke, be able to do a free style and back stroke flip turn, and dive off the blocks. Swimmers in the Blue groups will learn freestyle and backstroke 'water grabbing' techniques, advanced streamlining skills, flip turn on back, butterfly and breast stroke timing, breast stroke under water pull out, break outs, swim sets with pace clock, advanced diving off the block, and lane etiquette. The focus of the Blue groups is on improving stroke technique, teaching components of competitive swimming, building team pride, introducing dryland training, and increasing overall fitness and aerobic ability.

Blue 1 is an intermediate level group of developmental swimmers from *1st to 5th grade* that have a basic command of the four competitive strokes, but are in need of technique refinement and further aerobic conditioning. The swimmer will learn how to persevere in challenging workouts with the help of positive coaching and support from teammates. They are expected to attend ***3 practices offered each week.***

Blue 2 is an intermediate level group of developmental *middle school swimmers from 6th to 8th grade* that have a basic command of the four competitive strokes, but are in need of technique refinement and further aerobic conditioning. The swimmer will learn how to persevere in challenging workouts with the help of positive coaching and support from teammates. They are expected to attend ***3 practices offered each week.***

Blue 3 is the group for the motivated *high school swimmer*. This group is geared to the basic knowledge and understanding of the four strokes. Extra time will be taken to ensure that a quality stroke is understood and achieved by each athlete. Dives, turns and finishes will all be covered to ensure this squad will be ready and prepared for the upcoming high school season. The athlete training in this group will gain an aerobic base. They are expected to attend ***3 practices offered each week.***

Advanced Groups

Swimmers in the Advanced Groups must have at least 2 or more Alaska Junior Olympic times, be willing to commit to attending practices, and be recommended by the Head Coach. Focus is on leadership skills, increased fitness through pool and dryland workouts, and to master stroke technique.

Seniors is our rigorous and highly competitive training team. This group is expected to be committed to united excellence. All members of this elite level squad will possess leadership ability and an unsurpassed work ethic. The swimmer must also be committed to reaching their highest potential on a daily basis. This training group is not for the weak of spirit. A minimum of ***90% of all practices offered is required***. Other requirements include: an outstanding attitude and a willingness to be a role model. The *Seniors* training group will include swimmers who desire and are committed to the highest standard of excellence.

Pre-Senior is a committed, elite level of middle school athletes, *11 to 14 years old* that are preparing for the transition from age group swimming to senior swimming. A commitment to ***4 out of 5 practices each week*** is expected with the older group practicing for more minutes each week. *Pre-Senior* swimmers should have a strong desire to work hard, set goals, and demonstrate leadership abilities among the younger swimmers.

Advanced Age Group is the group for the determined and excited young swimmer who is proficient in all four competitive strokes. Advanced Age Group swimmers will be expected to make a commitment to ***4 out of 5 practices each week.*** To be a part of this squad is an honor and the swimmer will be required to display a positive attitude towards work and good sportsmanship in and out of the pool.