

# Ketchikan Killer Whales Swim Club Group Definitions

The Ketchikan Killer Whales Swim Club training group development plan is outlined below. The goals of the overall program are to develop senior bound and lifelong swimmers from a young age. The program is designed to develop athletes starting young in the PreComp group and then progressing through each group, introducing new training focuses at each level. Athletes are developed to be senior swimmers; athletes will take values and knowledge from each group on through their swimming careers. Ideally children should begin their swimming careers early, so they can properly develop all the skills needed to be well rounded athletes. Senior swimmers who started young and progressed from the PreComp group will have a better knowledge base than athletes who began competitive swimming for the first time in middle school or later.

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## **PreComp- Developmental Group**

*"Developing the basics"*

Age: 10 and under

The PreComp group is designed for novice swimmers at the beginning of their swimming careers and is made up of primarily 8 and unders with a few 9 – 10 year olds. The goals of swimmers in this group are to develop proper stroke mechanics and to foster excitement and enjoyment for the sport. Swimmers in this group are taught the basics, focusing on developing comfort in the water and eliminating struggle. Swimmers are expected to attend up to three practices a week as offered and are not required to participate in meets. Swimmers will be taught and prepared for future competition. With approval from the head coach athletes in this group may swim in team hosted Time Trial meets. Separate approval for travel meets must be given by head coach.

Goals:

- Proper stroke mechanics
- Basic development and understanding of starts and turns
- Basic understanding of swimming terms
- Basic understanding of yardages
- Ability to perform each stroke legally

Parameters for advancement:

- Swimmer ages up to 9
- Swimmer understands and has basic mechanics of all strokes
- Advancement is based on coach's discretion

Daily Training Equipment: Water bottle, Kick Board, Fins

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## **Age Group I**

*"Intro to Competition"*

Age: 9-12

Age Group I is designed for age group swimmers still at the beginning stages of their swimming career requiring emphasis on stroke development. Swimmers in this group are made up of primarily 9-10 year olds with some 11-12 year olds. The goals of this group are to further develop and refine stroke mechanics while being introduced to basic interval training. Swimmers start to learn correct timing of the strokes and the feel of reduced body drag. Swimmers are introduced to the pace clock and begin to learn how to use it. Swimmers also begin to do practices to build endurance. Swimmers in this group begin to travel regularly to meets and are introduced to the competitive side of swimming. Although no attendance requirement is in place for this group, it is highly encouraged to attend at least three practices a week.

Requirements for group:

- At least 9 years old
- Legal kicks in all strokes

- Basic mechanics of all strokes

Goals:

- Further develop stroke mechanics
- Understanding of how a pace clock works
- Basic understanding of how interval training works
- Completion of IMReady events
- Compete in first 200 free
- Achieving first National Age Group 'B' Time Standards
- Qualify and compete at Age Group Champs

Parameters for advancement:

- Completion of IMReady program
- Minimal consistency of three days of practice a week
- Understanding of how a pace clock works and how intervals work
- Completes 200 free in at least one meet
- Advancement is based on coach's discretion

Daily Training Equipment: Water bottle, Kick Board, Pull Buoy, Fins

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## **Age Group II**

*"Turning Efficiency into Speed"*

Age: 9-13

Age Group II is designed for age group swimmers who are experienced in swimming and who have developed a foundation and a well rounded understanding of stroke mechanics. Swimmers in this group are comfortable in swimming on their sides and have a basic understanding of how to reduce the drag their body creates in the water. Athletes in this group have displayed a consistent dedication to the sport. Swimmers in this group range from 9-13. One of the primary goals is emphasizing stroke development, and it is done through interval sendoff training. In this group swimmers start to learn how to properly race through training that involves knowing their times for various events and how to take their heart rates. Distance per stroke is emphasized in this group, and swimmers are taught the importance of always counting their strokes. Swimmers in this group will primarily compete at Age Group champs at the end of the short course season. Swimmers in this group will demonstrate increased commitment by attending at least three practices a week consistently. Swimmers who are not consistently at practice at least three days a week will be moved back to Age Group I.

Requirements:

- Three practices consistently attended every week
- Completion of IMReady events
- Ability to read and use a pace clock for interval training
- Competes in a 200 free at least once

Goals:

- Further refine stroke mechanics
- Understanding and ability to reduce body drag to increase the distance per stroke
- Understand how to hold a pace
- Complete IMXtreme program
- Compete in first 500
- Qualify for and compete at Age Group Champs
- Score points at Age Group Champs
- Qualify for and compete at Alaskan Junior Olympic meet

Parameters for advancement:

- Completion of IMXtreme program
- Consistent practice attendance of at least four practices a week
- 4 11-12 NAG 16 'BB' Time Standards
- Compete in at least one 500
- Advancement is based on coach's discretion

Daily Training Equipment: Water bottle, Kick board, Pull buoy, Fins

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### **Age Group III**

*"Committing to Improvement"*

Ages: 10-13

Age Group III is designed for age group swimmers who have demonstrated the highest commitment to swimming and have proven to require a more challenging training regimen. Swimmers in this group are primarily 11-13 with a few 10 year olds. Swimmers in this group typically will attend The Alaskan Junior Olympic Championships and will have goals of qualifying for Zones. Swimmers in this group are expected and required to attend at least four practices a week. Training in this group is of a higher intensity, and the focus is on implementing and learning racing strategies of multiple events. Swimmers in this group will know all their times in all of their events, as practices are typically based on these times. Stroke development and efficiency is still a priority for swimmers in this group. Athletes in this group will have a further emphasis on distance per stroke and will begin to start tempo training in an effort to find the best balance of each. Swimmers who are in Age Group III will have an emphasis on developing correct pull in all strokes. Swimmers in this group will consistently attend practice four days a week or more and those who do not will be moved to Age Group II.

Requirements:

- Completion of IMXtreme events
- Minimal consistency of four practices a week
- 4 11-12 year old NAG 16 'BB' time achieved
- Previously competed in at least one 500

Goals:

- Completion of IMXtreme program
- Understanding and ability to compete in a 200 of all strokes
- Ability to compete in distance events
- Qualification to Zones
- Finding best balance of distance per stroke and tempo

Parameters for advancement:

- Swimmer ages up to 13
- Swimmer is mature enough physically and mentally to begin more focused training
- Proficiency in all competitive strokes
- Advancement is based on coach's discretion

Daily Training Equipment: Water bottle, Kick Board, Pull Buoy, Z2 Zoomers, Diamond Shaped Paddles, Training Snorkel

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## **Senior Group**

*"Swimming With World Class Speed"*

Age: 13 and older

Senior swimmers are the product of years of experience and development on the team. As the oldest swimmers and most experienced athletes on the team, the Senior Group swimmers will be held to a high standard of commitment and discipline. Senior swimmers are expected to lead through example, as they represent the product of the Killer Whales tiered training program and will be the role models of the younger athletes on the team. Swimmer's age will be a minimum of 13. Swimmers in this group are comprised primarily of high school swimmers and eighth graders with a few college athletes. Swimmers in this group are expected to attend all practices held. Occasionally doubles will be offered to this group, in which case in which case swimmers are expected to attend each practice every day. Swimmers in this group are of the highest ability on the team and are the direct result of years of committed training in the Killer Whales program. Training in this group emphasizes speed and tempo. The basis of all fast swimming is proper technique to reduce drag and increase propulsion. Proper stroke instruction is still an emphasis in this group but becomes more specific from athlete to athlete. Training and sets will centralize around creating a well balanced stroke in efficiency and tempo specialized for each distance raced. Athletes in this group are trained to perform and represent the Killer Whales in higher level USA Swimming competition, beginning with the Great Alaskan Open and USA Swimming Speedo Sectional Championships. Maximizing the number of athletes to continue to compete in college is a major goal of this group, and all athletes are prepared for the rigors of college training.

Goals:

- Completion of IMX events
- Continued refinement of strokes
- Qualification to Alaska Senior Championships
- Qualification to State Championship
- Qualification to Speedo Sectional Championships
- Qualification to Junior Nationals
- Swimming competitively in college

Daily Training Equipment: Water bottle, Kick board, Pull buoy, Z2 zoomers, Diamond Shaped Paddles, Training Snorkel

**Swimmers' advancement is based on coach's discretion.**