

**BETHEL PARK RECREATION SWIM TEAM**  
**EST. 1961**  
**SUCCESS IS TRADITION**

# Practice Group Progression

Practice group placement decisions will be **left solely up to the Bethel Park Recreation Swim Team coaching staff**. Many factors go into determining group placement such as skill level, training history, level of commitment, meet attendance, performance, attitude, and age.

With the exception of extreme circumstances, group changes will be made only at the beginning of each training session (September & April). Group Changes will be made by the coaching staff based on the best interest of the athlete. Our goal is to have each and every athlete placed in groups that will help foster both short and long term success.

## **Bronze: Ages 6 – 12**

This is our stroke development group. Athletes in the Bronze Group will begin to develop proper stroke technique and good practice habits. While there is a slight focus on aerobic development, the main focus for this group is teaching. Without developing correct techniques and good habits, swimmers who progress through the program will not gain the full benefits of work done in more advanced groups.

**Required skills to join group:** (achievement of skills does not guarantee placement)

1. Swim one length of the pool freestyle with face in water and proper breathing
2. Swim one length of the pool backstroke

**Recommendations:**

1. Athletes looking to join our competitive team are encouraged to attend one of our Learn to Swim Clinics held in September, December, & April.
2. Should you want to schedule a tryout, please contact David Kutrufis at [coachkbpswim@gmail.com](mailto:coachkbpswim@gmail.com).

## **Goals**

**Practice:**

1. Swim all four strokes legally for at least 50 yards
2. Complete all starts and turns legally on a consistent basis
3. Begin and continue to develop and understand proper body position in the water
4. HAVE FUN!!!

**Attendance:**

1. 5-6 practices offered per week
2. Coaching staff encourages swimmers to attend at least 4\* of the offered practices.  
\*Keep in mind, in most cases the more your child attends, the quicker they tend to develop.

**Competitions:**

1. Coaching staff recommends swimmers to attend 2-3 meets during the SCY Season and 1-2 meets during the LCM Season.

## **Mission**

The Bethel Park Recreation Swim Team provides every athlete the opportunity to succeed in the rewarding sport of swimming. Achievement through hard work, success through dedication, and personal growth through teamwork constitute the core of the program. An engaged Parents Association combined with the strength of commitment from our coaching staff sets the foundation. This historic program builds upon this tradition by finding and nurturing the finest qualities in sportsmanship and citizenship within our swimmers.

## **Vision**

The Bethel Park Recreation Swim Team's vision is to work in helping families in Bethel Park and its surrounding communities live happy and healthy lifestyles by promoting the benefits of swimming. From work ethic to self-discipline, these lessons will help children grow into successful adults, athletes and model community members.

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\*Please feel free to contact the coaching staff for any insight on which meets we recommend for your child(ren).

### **Silver: Ages 8-12**

The group builds on the stroke development learned in the Bronze practice and begins to develop the swimmers' aerobic capacity. They will also begin to learn the basics of race strategy to help the athletes begin to understand best practices to maximize their performance in the water. While this group is geared towards athletes ages 8-12, in some circumstances, some 7 year old swimmers may swim in this group.

**Required skills to join group:** (achievement of skills does not guarantee placement)

1. Must have competed in at least 3 meets.
2. Complete all four strokes legally for at least 25 yards.
3. Must have IMR Score or achieve score within 6 months of joining.
4. Be able to swim 8 x 100's freestyle on 2:00 or 5 x 100 I.M. on 2:20

#### **Goals**

##### **Practice:**

1. Begin to understand and read pace clock.
2. Continue to develop good practice habits and stroke technique.
3. Continue to gain a further understanding of body position in the water.
4. Begin to develop aerobic capacity.
5. Begin to develop a strong kick for all four strokes.
6. HAVE FUN!!!

##### **Attendance:**

1. 5-6 practices offered per week.
2. Coaching staff encourages swimmers to attend at least 5\* of the offered practices.  
\*Keep in mind, in most cases the more your child attends, the quicker they tend to develop.

##### **Competition:**

1. Begin to compete in 500 freestyle and 200 IM.
2. Begin work towards obtaining an IMX score within 12 months of joining group.
3. Coaching staff recommends 4-5 meets during the SCY Season and 2-3 during the LCM Season.  
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**Gold: Ages 11 – 14 (9-10 year olds may swim in this group)**

This is our advanced age group team. Athletes in this group continue to focus on good practice habits, stroke technique, and proper race strategy. Major focuses in this group will be developing strong race strategies, aerobic base training, kicking, and core body strength. While this group is mostly geared towards athletes age 11-14, under certain circumstances, 9-10 year old swimmers may swim in this practice group.

**Required skills to join group:** (achievement of skills does not guarantee placement)

1. Have an IMX score (current or from previous season)
2. Must be in 7<sup>th</sup> grade or
  - a. able to make 10 x 100's freestyle on 1:45 or 8 x 100 I.M. on 2:00

**Goals**

**Practice:**

1. Have a full grasp of practice sets and time intervals.
2. Continue to develop strong stroke technique, starts, & turns.
3. Continue to develop aerobic capacity and strong kicks on all four strokes.
4. Build a strong understanding of pace and race strategy.
5. Begin to build a routine of dryland training and stretching.

**Attendance:**

1. 5-6 practices offered per week.
2. Coaching staff encourages swimmers to attend at least 5 practice sessions per week.

**Competition:**

1. Continue to swim 500 freestyle and beginning working towards swimming the 400 IM (when ready) and at least one long distance event.
2. Coaching staff recommends 6 competitions during the SCY season and at least 3 meets during the LCM season.  
\*Feel free to contact the coaching staff for any insight on which meets they recommend for your child(ren).
3. The coaching staff encourages all athletes in the Gold Group to apply for the Zone Championship Team.

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## Senior

This is our highest, most demanding practice group. The focus on this group is to continue mastering stroke technique and race strategy while developing a strong aerobic capacity and performing at the highest level of the sport.

### **Required skills to join group:**

1. Must be in at least 9<sup>th</sup> grade or obtain a 15-16 "A" Time Standard.
2. Commitment to attend morning practices during the week and on Saturdays.
3. Commitment to rigorous dryland, weight, & yoga training.

### **Goals**

#### **Practice:**

1. Set long term and short term goals and develop plans to achieve them.
2. Gain a full understanding of pace and race strategy.
3. Build a strong understanding of "swimming language" and practice terminology.

#### **Attendance:**

- Being a member of the Senior Group requires a large commitment to the sport of swimming. Each swimmer, to the best of their abilities must commit to and attend up to 8 practices per week with 4 additional dryland training sessions.

#### **Competition:**

1. The Head Coach will work with swimmers on an individual basis to determine a competition schedule that helps put the athlete in the best position to succeed.
2. The coaching staff encourages all swimmers in the Senior Group to apply for the Zone Championship Team

## College

This group consists of swimmers returning home to train with Bethel Park Recreation Swim Team during the summer Long Course season. They follow the Senior Group practice schedule.

## Masters

The Masters Program is for adults over the age of 18 who wish to practice, train, and possibly compete (if they choose to) for the Bethel Park Recreation Swim Team at local and national U.S. Masters Swimming Competitions. Practices for this group are offered 3 days per week and are coached by members of the Bethel Park Recreation Swim Team Coaching Staff.

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