

## **PTSC Training Group Guidelines**

- This document is intended to provide membership with a description of goals and expectations for each training group and to be used as a guideline for the coaching staff during the “moving up” process.
  - The goal is to help each child learn to take some responsibility for his/her own swimming. As the swimmer progresses into higher groups, more responsibility is placed on the swimmer as the objectives become more stringent.
  - These guidelines also give the coaches more focus for teaching. The coaches need to ensure they are spending the time necessary to start with basics and progress steadily as the swimmers move up.
  - “Move ups” will typically occur in August and April. The coaching staff reserves the right to move up a swimmer at any point during the season due to special circumstances.
  - These are just guidelines and are intended to allow flexibility for the coaching staff. Coaches will always have the final word on all move-ups.
  - It is the goal of the PTSC staff to keep ages and grade levels together as much as possible, while also considering a swimmer’s ability and dedication.
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**Required Skills**

1. Ability to complete one length of the pool in a recognizable stroke without stopping
2. Ability to be apart from parents for up to an hour
3. It is recommended that beginners to competitive swimming complete the PTSC Novice Program

**Goals**

1. Complete all four strokes legally
2. Complete all starts and turns legally
3. Achieve competent body position in water
4. Fun!

**Competition Recommendations**

Primarily compete in Open / No Qualifying Time (NQT) / Mini meets. Three SCY meets for the winter season, and one or two summer meets

**Attendance Recommendations**

Three practice sessions per week

**Equipment Used**

Fins, pull buoys, kick boards, water bottles

**Dryland Training**

Stroke simulation, stretching, coordination building activities and games

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**Required Skills**

1. Compete in one previous meet
2. Complete 3 of 4 strokes legally
3. Complete 100 Free and 100 IM continuous without resting at walls
4. Competent starts and turns

**Goals**

1. Complete all four strokes legally
2. Complete starts and turns legally
3. Continue development of competent body position in water
4. Begin understand and developing “long” strokes
5. Begin reading pace clock and understanding practice sets
6. IMR qualified
7. Fun!

**Competition Recommendations**

Group members will compete in primarily Open / No Qualifying Time (NQT) / Mini meets. Five meets for the winter season, and two or three summer meets

**Attendance Recommendations**

Three practice sessions per week

**Equipment Used**

Agility paddles, fins, pull buoys, kick boards, water bottles

**Dryland**

Pre-swimming warm up, basic shoulder strengthening, core and abs stability exercises, games, stroke simulation

**Test Set**

Will be completed and tracked periodically throughout the season

8x50 free 1:00, 4x50 kick 1:30

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**Required Skills**

1. Four legal strokes
2. Ability to read clock and understand practice sets
3. Ability to swim continuous for 8 minutes with legal turns
4. Ability to compete in 200 IM
5. Competed in four previous meets

**Goals**

1. Begin competing in 500 free and 400 IM
2. IMX qualified within 12 months of joining group
3. Begin development of strong kick
4. Continue development of “long strokes”
5. Refinement of starts and turns
6. Fun!

**Competition Recommendations**

Group members are encouraged to compete in at least five meets in the winter season and three meets in the summer season. At least two of the summer meets should be Long Course Meters (LCM) format, as the group will train in a LCM facility

**Attendance Recommendations**

Four practice sessions per week

**Equipment Used**

Agility paddles, fins, pull buoys, kick boards, water bottles

**Dryland**

Pre-swimming warm up, more advanced core/abs stability work, body weight exercises, games, stroke simulation

**Test Set**

Will be completed and tracked periodically throughout season

5x100 free 1:50, 4x100 kick 2:20

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**Required Skills**

1. Full grasp of sets and intervals
2. Competed in six previous meets
3. Ability to swim continuous for 15 minutes with turns
4. Ability to compete in 400 IM and 500 Free

**Goals**

1. Continue competing in 400 IM, 500 free, and one long distance event per season
2. IMX qualified within 6 months of joining group
3. Continue to work towards strong kicking ability
4. Refinement of starts and turns to “high school ready” level
5. Ability to understand pace and race strategy
6. Begin rigorous dryland training and stretching routine

**Competition Recommendations**

Group members are encouraged to compete in six meets during the winter season, and three meets in the summer season. At least two of the summer meets should be Long Course Meters (LCM) format, as training is done in a LCM pool

**Attendance Recommendations**

Five practices per week, plus dry land and stretching time.

**Equipment Used**

Yoga mats, shoes, agility paddles, fins, pull buoys, kick boards, water bottles

**Dryland**

Yoga, running, bands, abs/core/bodyweight exercises, stretching, games

**Test Sets**

Will be completed and tracked periodically throughout the season

8x100 free 5:00, recovery swim, 8x50 1:30 best stroke all out

20x100 free 1:40 best possible average

12x100 kick 2:15 max effort

10x100 free 1:30

5x100 kick 2:00

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**Required Skills**

1. Ability to complete a 135 minute practice
2. Commitment to attending morning practices before school begins
3. Commitment to weightlifting, yoga, and dryland practices four times a week
4. Strong understanding of intervals, sets, and “swimming language”
5. Strong understanding of race strategy and pace

**Goals**

1. To develop long term goals for the sport, beyond high school age
2. To become adequately prepared for collegiate swimming over a four year period
3. To gain a full understanding of race strategy and/or pacing and to work independently if necessary
4. To compete in at least three high level USA Swimming meets per year (such as Pitt Christmas, A Champs, and Senior Circuit meets)

**Competition Recommendations**

The PTSC Head Coach will determine competition schedule on an individual basis, with the understanding that WPIAL, PIAA, and Sectional/National Championships will be the highest priority of the year, and with regard to the varsity dual meet schedule. In the summer, National group members should compete in at least two Long Course Meters (LCM) meets.

**Attendance Recommendations**

Being a member of the National Group requires a true commitment to the sport. To achieve the best of one’s ability in high school, these group members should be prepared to commit up to nine practices a week (5 afternoon practices lasting three hours, three morning practices, and Saturday morning practice).

**Equipment Used**

Power Racks (sprinters), yoga mats, shoes, agility paddles, fins, pull buoys, kick boards, water bottles

**Dryland**

Weight lifting, yoga, running, bands, abs/core/bodyweight exercises, stretching, games

**Test Sets**

Will be completed and tracked periodically throughout the season

6x100 Free 6:00 all out, recovery swim, 8x50 1:30 best stroke all out

30x100 Free 1:30 best possible average

12x100 kick 2:00 best possible average

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