**Group Progression**

A solid competitive structure is a key component to Purple Valley Aquatic’s success. Based upon components that progress the swimmer developmentally and mentally, the PVA competitive structure will be to provide a fair and honest way to progress swimmers through the Purple Valley Aquatics program.

**Pre-Age Group**

**Objectives:**

\* Develop practice structure and workout rules

\* Introduce reading pacing clock

\* Improve kicking

\* Introduce and develop the four competitive strokes

\* Learn basic swimming rules

**Ages:** 6-9 Years Old

**Daily Training:**

\* 60 Minutes, 2 days/week

**Daily Yardage:** 500 - 1,500 yards/day

**Admission Requirements:**

\* 1. 1×25 Freestyle

\* 2. 1×50 Flutter kick with board

\* 3. 1×25 Backstroke

**Attendance Requirements:** No requirements for attendance in this group

**Meets:** The Pre-Competitive group swimmers will participate in approximately one local meet each season as well as team time trials

**Age Group I**

**Objectives**:

\* Develop leg endurance

\* Improve stroke techniques with drill progression

\* Become proficient in all four competitive strokes

\* Refine competitive starts and turns

\* Emphasis is on effort over outcome

**Ages**: 7-11 Years Old

**Daily Training**:

\*1 hour 15 Minutes, 3 days/week

**Daily Yardage:** 1,000 - 2,500 yards/day

**Admission Requirements:**

\* The ability to pass the Age Group I Stroke/Technique Skills Test

**Attendance Requirements:**

\* Age Group I swimmers are encouraged to attend as many practices during the week as possible.

**Meets:**

\* Age Group I swimmers will compete in several meets each season

**Age Group II**

Objectives:

\* 1. Begin major aerobic development

\* 2. Establish proficient and effective swimmers by emphasizing good training habits

\* 3. Continue leg strengthening

\* 4. Master all drills used at Purple Valley Aquatics

\* 5. Encourage consistency in practice attendance through goal setting

\* 6. Compete in all of the competitive strokes

\* 7. Embrace a positive attitude in racing longer/distance events

\* 8. Understand training toward championship competitions

\* 9. Promote greater time standard awareness.

\*10. Introduce consistent basic dryland training.

**Ages:** 9 -13 Years Old

**Daily Training:**

\* 1 hour 45 Minutes, 4 days/week

**Daily Yardage:** 2,500 - 5,000 yards/day

**Admission Requirements:**

\*Selected by the Age Group II coach in coordination with the Age Group I coach and approved by the Head Coach based on practice attendance, work ethic and attitude.

\* The ability to pass the Age Group II Skills Test is required as a minimum to be considered for this group.

**Attendance Requirements:**

\*Regular practice attendance becomes more important in Age Group II.

\*Although we still encourage the swimmers to participate in outside activities, the swimmers in the Age Group II should aim attend 80% of the practices.

**Meets:**

**\*** Age Group II will compete in several meets each season.

**Senior Group**

**Objectives:**

\* Maximize aerobic base.

\* Participate in dryland training as given by the coach

\* Establish yearly training schedules and development of goal planning

\* Proven leadership skills, team pride and overall positive attitude

\* Emphasize the importance of negative spitting and distance swimming.

\* Learn refined racing strategies.

\* Formalized dry-land training to include body weight training, cardio fitness

**Ages**:12-18 Years Old

**Daily Training:**

\* 2 hours, 5 days/week

**Daily Yardage:** 3,000 – 6,500 yards/day

**Admission Requirements:**

\* Selected by the Age Group II coach in coordination with the Senior Group coach and approved by the Head Coach based on practice attendance, work ethic and attitude.

\* The ability to pass the Senior Group Skills Test is a minimum requirement to be considered for the Senior Group.

**Attendance Requirements:**

\*85% of practice attendance is strongly suggested over any 3 week evaluation practice.

\*Consistent practice attendance is crucial to continued improvement.

**Meets:**

\* The Senior Group swimmers are encouraged to swim at all of the PVA team meets as selected by the coaches, including team travel meets.