

Training Group Structure

All swimmers will be placed into groups that will facilitate the best growth and success possible within our competitive swimming program. The final placement is solely at the discretion of the coaching staff.

Group	Description	Age
Yellow	Swimmers that have been involved with summer league programs that wish to continue being involved with the sport tend to join our Yellow 2. This group is composed of beginner to intermediate swimmers who want to continue development of their strokes in a fun, healthy environment. It is perfect for families who are not ready for increased commitment. Yellow 2 will receive an AAU membership and a USA Flex membership. Expectation to attend practice and meets is encouraged but not enforced.	Typically 8 & Over
Red 1	Developmental swimmers who are looking for more individualized technique improvement and racing concepts opt to join this level. Red 1 instruction is grounded in building work ethic and self-discipline to see development in all four strokes. Swimmers begin to build loyalty to the team and understand the commitment to the sport. Red 1 will receive a full membership to USA swimming. Practice and meet participation is expected.	10 & Under
Red 2	Our Red 2 group is intended to help swimmers become competitive and learn how to perform at higher levels of the sport. This group will begin to use the goal setting process to increase work ethic and build a strong commitment to the team. Swimmers will need to learn time management skills and the ability to accept feedback from their coaches. Red 2 is expected to make state qualifying times and compete at local/regional swim meets. They will receive a full USA membership. Swimmers will start to incorporate drylands activities into their practice routine.	Typically 9 to 13
Red 3	Our most advanced age group swimmers train in our Red 3 Level. Swimmers at this level challenge themselves and teammates to train at the best of their ability in practice. Red 3 has increases in training demands of the aerobic system and continued refinement of stroke technique/racing strategies. This group is expected to compete at the upper end of the age group by scoring points at championship meets or swimming at Zones. Swimmers must practice 4-5 times a week and drylands are mandatory. Competition at the highest level qualified is mandatory.	Typically 12 to 15

High School	Swimmers that are competing at the high school level that are looking for an advantage join this group. It is designed for people that have some form of swim experience whether it be from a summer league or previous high school teams. This group will work on stroke refinement and building an aerobic base to help the swimmer deal with the stresses of the high school meet environment. Our High School group helps give the swimmers tools so they be more successful and perform at a higher level.	9 th – 12 th grades
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Black 1	Highly competitive swimmers who participate at a sectional level or above comprise our Black 1 group. Swimmers in this level have full commitment to the team and the sport. They are able to sacrifice their self interest for larger team goals. Black 1 swimmers exemplify leadership qualities by being highly self-disciplined and having an incredible work ethic. They demonstrate the highest level of sportsmanship and championship behavior and are not influenced by the negative behaviors of others. These swimmers are required to attend 75% of practices and to compete at state championships/Sectionals.	16 & Over
Black 2	This group represents the highest level of competitive swimmer within our team. Swimmers in Black 2 must have achieved performance standards at a national level. They have mastery of all the skills from our other groups.	16 & Over