



ARKANSAS DOLPHINS

SWIM TEAM

GROUP PLACEMENT CHART

AGE GROUP TRACT

The Arkansas Dolphin Swim Team offers a progressive program to develop the athlete physically, mentally, and emotionally for long-term success. In order for an athlete to reach peak performance, a well-defined approach of gradually increasing degrees of commitment is essential. The emphasis in the age group tract will be placed on continued stroke development, racing skills, dry land training, education, as well as continuing developing a love and understanding of the sport. Much time and effort is spent by the coaching staff to ensure that each athlete is in the training group that is most beneficial for their long-term development as a person and an athlete. Often parents will want what is most convenient for their own schedule, however this may not be what is most beneficial for the athlete's long-term success.

Group	Ideal Age	Requirement to Join	Skills Taught	Suggested Attendance & Length of Practice	Equipment Requirements
High School/ Middle School Non-competitive	11-18	Must know four strokes and/ or completed Swim Team Prep II	Technique of all four strokes, interval training, skills of starts turns, finishes, lap swim etiquette, fitness driven, high school swim team	2 x week 1 hour	Basics plus Fins
AG1	9-14	Basics: Demonstrates sportsmanship, starts and ends practices on time, understands pace clock, lap lane etiquette. Training: 8-10 repeats of 100 freestyle on 1:55, 200 IM's on 4:00, 50's kick on 1:15. Competition: Participates in 50% of meets offered to their current training group.	Continued technique & racing skills development, introduction to training and race strategy's, dryland skills development of proper form for strength and flexibility. Championship character skills including nutrition, sportsmanship, and work ethics. Goals to compete in the ASI State Championships	10 & under: 3 x week 11 & up: 4 x week 1 hour 30 min	Basics plus buoy, fins, board, paddles, centermount snorkel
AG 2	10-16	Basics: AG 1 Basics plus: sets goals, high attendance, knows best times. Training: 8-10 repeats of 100 freestyle on 1:35, 200 IM's on 3:45, 50's kick on 1:05. Competition: Participates in 60% of meets offered to their current training group. Completes IMX events.	Focus is on building the skills learned in age group 1 but with a higher level of training and commitment. Travel and participates in all meets. Swimmers have a 80-100% practice attendance. Goals is to participate in "BB and above" level meets.	10year olds 4 x week 11 and up 5 x week 1 hour 30 min - 1 hour 45 min	Basics plus buoy, fins, board, paddles, centermount snorkel
AG 3	11-16	Basics: AG 2 Basics plus can read clock to set intervals, and set training paces in practice. Training: 8-10 repeats of 100 freestyle on 1:30, IM's on 3:15, 50's kick on 1:00. Competition: Participates in 80% of meets offered to their current training group. Completes IMX events.	AG 3 is the a highest level of training and commitment in the Age Group tract. Swimmers travel and participates in all meets for their level. Swimmers have a 90-100% practice attendance and are preparing to move to the Senior tract. May have achieved AAA times or may have goals to achieve AAA standards.	5-6 x week 1 hour 30 min - 2 hour 30 min	Basics plus buoy, fins, board, paddles, centermount snorkel

Basics = Swim cap or pony tail if long hair, competitive training suit, & goggles