

Arkansas Dolphins Swim Team

Age Group 1 Requirements & Expectations

Updated August 2019

Learning Objectives

1. To have fun in a safe environment-To learn to master the four competitive strokes, turns, starts and finishes, as well as the Individual Medley and early distance events necessary for future development.
2. Technique is offered daily during each practice season to some degree. We will also be pushing a mix of yardage, drills, technique, and dry land training.
3. Train athletes to be all they can be in or out of the water. Also, to be responsible for their actions in or out of the water, horseplay will not be allowed.
4. As a coach, I am responsible for the team's results in and out of the water. Athletes and parents choose to join the Arkansas Dolphins; therefore, they accept the responsibilities of their choices.

Coach Elizabeth's Questions to be answered before deciding to move a swimmer up from Developmental to Age Group 1

1. Is he/she ready to work harder?
2. Can they demonstrate Intermediate level technique and knowledge of all four strokes, flip turns, entries, the Individual Medley, and interval training while reading a pace clock?
3. Is he/she ready to commit to make 60% of all offered practices?
4. We recommend attending about 1 meet per month, but require a minimum of 2 meets per season.

LRAD Standards to be met before a swimmer can be evaluated to move up from Developmental Group to Age Group 1

1. Swimmer must have a USA Swimming Database Time in all four strokes at 50M or 50Y.
2. Swimmers must have a USA Swimming Database Time in the 200Freestyle., 100IM, 100FR and 100BK.
3. Swimmers must be able to complete a test set of 10x100's Freestyle on a 2:00 interval.

Purpose of having a 200Freestyle M/Y

Swimmers in Age Group 1 must be able to fully understand the sport of swimming as a practice swimmer and a meet competitor. Age Group 1 averages a yardage minimum of around 2000/3000 yards per day, and because of this should have no issue with the requirements of the group. The distance events, though a swimmer may not always enjoy them are essential for the growth and development of their swimming skills. Each stroke works to help strengthen the others.

Things to keep in mind

*Swimmers must show that they are able to demonstrate a strong DLO or (Desired Learning Objective). Goals will be set, and if all goes well they will also be met if a child is truly willing to work hard and learn from their coaches.

*Age Group 2 level athletes must be ready to accept and internalize the necessary discipline that creates a learning environment; respect of the coaches and fellow swimmers is required at all times.

