

**PRACTICE GROUPS OVERVIEW**  
**HAVASU STINGRAYS SWIM TEAM**  
**Begins January 2023**

<b>WEEKLY SCHEDULE</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Prestingrays</b>	A: 3:30-4:15 B: 4:15-5:00	No practice	A: 3:30-4:15 B: 4:15-5:00	No practice	No practice
<b>Bronze</b>	No practice	A: 3-4 B: 4-5	No practice	A: 3-4 B: 4-5	A: 3-4 B: 4-5
<b>Silver</b>	3:30-5	3:30-5	3:30-5	3:30-5	No practice
<b>Gold</b>	3:30-5	3:30-5	3:30-5	3:30-5	3:30-5
<b>Platinum</b>	3-5	3-5	3-5	3-5	3-5

**PRE-STINGRAYS** (\$50)

**Approximate Age/Grade:** 10&under, 5th grade and below

**Skill Prerequisite:** Must be able to swim independently one length (25 meters) of the pool. Demonstrates the ability to roll from front to back and take instruction within a group setting.

**Group Focus:** This is our first level of swim team and is for more inexperienced swimmers. Beginners will build their endurance while being introduced to swimming as a competitive sport (terminology, skills, and strokes) through structured activities and play.

**Equipment:** Rubber fins and kickboard

**Benchmarks for moving up to Bronze Competitive:**

- Demonstrates willingness to participate
- Swim 100 meters freestyle continuously
- Basic knowledge of the four competitive strokes, turns and starts
- Can participate in regional swim meets with a legal stroke

### **Bronze - Competitive** (\$65)

**Approximate Age/Grade:** 12&under, 7th grade and below

**Skill Prerequisite:** Can continuously swim freestyle (with rhythmic breathing) or backstroke for 50 meters. Has basic knowledge of all four competitive strokes, as well as open, turns, and starts.

**Group Focus:** This is the first group introduced to the world of competitive swimming. Swimmers will continue to refine the four competitive strokes and gain an understanding of reading a pace clock, starts, and turns in order to prepare them for competing in swim meets. Condition and endurance training are introduced.

**Equipment:** Rubber fins, pull buoy, and kickboard

#### **Benchmarks for moving up to Silver Competitive (in addition to above):**

- Demonstrates self-awareness and the ability to take direction and apply the feedback
- Basic understanding of competitive swimming strokes, starts, turns and terminology
- Swim 200 meters freestyle continuously
- Participated in regional swim meets with a legal stroke(s)

### **Silver - Competitive** (\$85)

**Approximate Age/Grade:** 14&under, 9th grade and below

**Skill Prerequisite:** Can continuously swim legal freestyle for 200 meters and has experience swimming the four competitive strokes. Swimmers in this group have the ability and willingness to stay focused for 1.5 hours.

**Group Focus:** Swimmers will continue to refine and develop their skills both in and out of the water. Through dryland and progressive training they will gain better self-awareness in body movement. Swimmers in this group are encouraged to attend meets, when available, to test their seasonal development.

**Equipment:** Rubber fins, kickboard and pull buoy

#### **Benchmarks for moving up to Gold Competitive (in addition to above):**

- Demonstrates self-discipline and good sportsmanship
- Proficient in all four competitive strokes and can legally swim 100 IM
- Swim 400 meters freestyle continuously
- The desire and ability to compete on a regular basis and achieve time standards

### **Gold - Competitive** (\$95)

**Approximate Age/Grade:** 11-18 years, 6th-12th grade

**Prerequisite:** Can continuously swim legal freestyle for 400 meters and has experience swimming multiple competitive strokes at swim meets. Swimmers in this group have the ability and willingness to stay focused for 1.5 hours and attend meets regularly.

**Group Focus:** Swimmers will strengthen their technique and stamina in all four strokes while developing individual swimming goals. Conditioning, strength and competition drive this group to achieving the next level.

**Equipment:** Rubber fins, kick board, pull buoy, hand paddles, and snorkel

#### **Benchmarks for moving up to Platinum Competitive (in addition to above):**

- Demonstrates strong leadership and ability to set goals
- Maintains 80% commitment to practice
- Proficient in all four competitive strokes and can legally swim 200 IM
- Swim 500 meters freestyle continuously
- Achieve time standards and competes regularly at regional meets

### **Platinum - Competitive** (\$110)

**Approximate Age/Grade:** 13-18 years, 8th-12th grade

**Prerequisite:** Can legally swim all four competitive strokes including legally performing open, flip, and IM turns. Consistently attends practice and competes in local meets. Swimmers have the endurance to swim continuously for 2 hours with minimal breaks.

This group is intended for swimmers that have proven their self-discipline and commitment to the sport. Swimmers want to strengthen their technique and stamina in all four strokes so that they can improve competitively while striving to meet new individual goals.

**Equipment:** Rubber fins, kick board, pull buoy, hand paddles, and snorkel

#### **Benchmarks for maintaining Platinum Competitive (in addition to above):**

- Maintains 90% commitment to practice
- Demonstrates passion and drive to succeed in achieving their goals (in and out of water)