

Alpha Aquatics' Group Progression Table

Group	Primary Coach	Attendance	Group Skills	Technical Requirements	Swim Meet Requirement	Prerequisites
Racing Development BRONZE	Coach Kelsey (kelseyc11@gmail.com / 310-383-1393)	Recommended 2x per week (out of 4)	To learn racing skills (Dives-Turns-Finishes), and learn all the strokes with focus on Back and Free (Intro to Fly and Breast).	Swimmers in this group MUST have basic knowledge in the sport.	Swimmers in this group must attend at least 1 swim meet per year.	Ages 6 - 9 years old. Able to swim 1 lap of the pool without stopping.
Racing Development SILVER	Coach Kelsey (kelseyc11@gmail.com / 310-383-1393)	Recommended 3x per week (out of 4)	To continue developing all strokes with focus on Fly and Breast. Racing skills intensified.	Swimmers in this group MUST know how to Dive-Turn-Finish and be skilled in Free and Back.	Swimmers in this group must attend at least 2 swim meets per year.	Ages 6 - 10 years old. See technical requirements. Circle swimming knowledgeable.
Racing Development GOLD	Coach Scott (scott.hubbard@verizon.com / 310-612-2156)	Recommended 4x per week (out of 5)	To continue developing all the strokes and racing skills at a higher level. Intro to aerobic and anaerobic sets.	Swimmers in this group MUST be skilled in ALL strokes and need to be able to train for 1hr 30min.	Swimmers in this group must attend at least 3 swim meets per year.	Ages up to 14 years old. 100 Freestyle minimum time required. See technical requirements.
Junior Group	Coach Alex (alexandratungland@gmail.com / 310-612-2156)	Recommended 5x per week (out of 6)	Swimmers train and compete year round at a higher level. Aerobic and anaerobic sets are intensified.	Swimmers in this group need to be able to train for 2hrs.	Swimmers in this group must attend at least 1x meet per month.	Ages 9 to 14 years old. Test set required. See technical requirements.
Senior Development	Coach Val (valerie@freedmangeilman.com / 310-872-4268)	Required 5x per week (out of 6)	Intro to Senior Group workouts. Practices continue to intensify. Swimmers must train and compete year-round.	Swimmers in this group need to be able to train for 2hrs.	Swimmers in this group must attend at least 1x meet per month.	By invitation only. Ages 10 and up.
Senior Group	Coach Octavio (oalesi@gmail.com / 310-339-0992)	Required 7x per week (out of 8/week)	Train and compete year-round at the highest level (JO's, Sectionals, Futures, Jr. and Sr. Nationals).	Swimmers in this group need to be able to attend dryland + swim for 2hrs.	Swimmers in this group must attend at least 1x meet per month.	By invitation only. Swimmers must be at least 12 years old.