***Platinum***

13 and Up

**Training Time per Week:**
Pool Time: 6 sessions / 2 hours each
Dry-land: 5 days / 30 minutes each (Summer session, 1 hour M-W-F)

**Volume/Session:**
5,500-6500 yards

**Advancement into Platinum:**

* Must be at least 13 years old
* Must have a minimum of 1 blue and 2 red times in any of the following events: 100 free, 100 back, 100 breast, 100 fly or 200 IM.
* Must be able to swim 10 x 100 on the 1:30
* Must be able to swim 10 x 100 IM on the 1:40
* Must be willing to swim all the events
* Must have maintained regular attendance, minimum of 4 out 5 sessions
* Must have a good attitude and want to improve

**Training Objectives:**

* Perfect technique and skills
* Increased volume and intensity training
* Refine race skills, starts, turns, racing tactics and pace etc.
* Concentrated training around 200 stroke, 500 Free and 400 IM
* Must be willing to compete in the longer distances
* Enter a variety of events and achieve an IMR/IMX score each year
* Begin to specialize
* Increase strength and flexibility by way of dry-land exercises
* Maintain attendance goals, minimum of 4 out 6 sessions
* Learn to taper for peak performances
* Must attend one swim meet a month (two days preferred)
* Must have a good attitude

***Gold***

9-12 year olds; 4th-7th graders

**Training Time per Week**:

Dry-land: 5 days/30 minutes per session

Water: 5 days/90 minutes per session

**Volume/Session:**

3,200-3,800 yards

**Advancement into Gold:**

* Must be at least 9 years old during the short course or long course move up period
* Must have 1 JO time in either 9-10 or 11-12 category

OR

* Must have 3 red times (9-10) or 1 red time (11-12)
* Must be willing to swim all strokes and events
* Must be willing to attend at least 3 days a week, including dry-land
* Must be willing to swim on team entered relays at monthly, invite and JO competitions
* Must attend one swim meet a month (two days preferred)
* Must have a positive, sportsmanlike training attitude
* Must bring equipment regularly: athletic shoes for dry-land and snorkel, buoy, paddles, fins and board for water sessions

**Training Objectives:**

* To build core strength, coordination and team comradery through dry-land sessions
* To build perfect technique and endurance during water sessions
* To learn swimming terminology, use of the pace clock, and the purpose of drills
* To participate in goal setting
* To focus on perfect technique at all speeds
* To develop an efficient/effective kick for all 4 strokes
* To build competence with starts, turns, streamlines, finishes, tempo and breathing patterns
* To focus on IM training and competition
* To enter a variety of events and achieve an IMR/IMX score each short course or long course season

**Steel**

13 and up

**Training time per week:**

 Pool time: 5 days/1.5 hours

 Dryland: 5 days/.5 hours

**Volume per session:**

 3,000-4,000 yards

**Advancement into Steel:**

* 13 & up
* Minimum attendance 3-5 days a week (4 preferred)
* Respectful and kind attitude
* Must be able to continuously exercise for 2 hours on a daily basis with varying amounts of intensity
* Must be willing to participate in daily dryland (no exceptions)
* Must have an overall dedication to improve and drop time
* Regular swim meet attendance

**Training Objectives:**

* Cross train for another sport, Advance to Platinum, Overall fitness with a willingness to get faster and improve
* Increased distance, intervals, and repeats
* Improve and correct technique
* Focus on nutrition
* Improve strength and athleticism with intensive dryland
* Goal setting
* Create team centered attitude
* Enthusiastically love swimming
* Work on weaknesses as well as strengths
* Learn to embrace cold days and cold water (develop thick skin)
* Develop moral character: respect, responsibility, honesty, integrity, self-worth, and self-discipline

**Silver**

9-12 year olds

**Training time per week:**

Pool time: 5 days

Dryland: no dryland

**Volume per session:**

 1400-2000 yards

**Advancement into Silver:**

* Minimum attendance 3-5 days a week
* Must have swam 50’s in every stroke in a swim meet
* Be able to do 100’s or more in repetition in practice
* Must be able to do both the freestyle and backstroke flip turn
* Comfortable with diving from the blocks
* Must be able to follow directions
* Must be able to kick all 4 strokes with or without a board
* Must be able to streamline off the wall correctly
* Proper stroke technique as determined by coaches

**Training Objectives:**

* Improve and correct stroke technique for all four strokes
* Improve racing skills, starts and finishes
* Mildly improve aerobic endurance and pacing
* Personal improvement in both performance and skill
* Encourage and support one another as a team