

Age Group

These swimmers are serious swimmers and are committed to a high performance, competitive team environment. They are committed to training attendance and swim meet performance. They have demonstrated a level of maturity and the ability to pay attention and follow instructions so as not to be disruptive to the training of other swimmers and do not become a distraction to the coach.

Focus is on technique improvements and **introducing endurance** with some **minor/higher** attention to speed. We will see a lot of new times with consistent improvements in time drops. Winning is nice but time drops are better.

They will begin Strength & Fitness training with strict emphasis on proper technique. Our goal is building core strength while preventing injury.

Requirements for Entry:

White and red times in events of all four strokes. A time in an individual medley event is also required. Must be block certified. Must have demonstrated a maturity level and the ability to pay attention and follow instructions consistent with a high-performance team.

Must be able to perform the sets consistent with the training requirements of this performance driven level.

Must participate in the strength and fitness training with specific attention to proper technique. Our goal is building core strength while preventing injury.

Must compete in at least one SCY BRW swim meet per month and at least 1 LCM BRW swim meet per season.

Must meet above 90% attendance each month.

Duration: 1 hour water + 45 minutes strength and fitness training – 5 days a week

Equipment Requirement

- ✓ Cap (Silicone recommended for long hair)
- ✓ Goggles
- ✓ Kickboard
- ✓ Pull Buoy
- ✓ Fins
- ✓ Paddles (preferred by Fins*)
- ✓ Snorkel
- ✓ Water bottle
- ✓ (Optional) Wet bag to hold the equipment

NOTE ON SPEED: Swimmers who get fast with poor technique will hit a plateau and never get fast enough to reach the Senior levels. To get faster they must ‘unlearn’ poor technique and focus on technique improvements. They will get slower and this can have a negative psychological impact on high performance swimmers. Our focus is on technique before speed.