

Age Group Track and Group Descriptions

Novice Track – it is anticipated that swimmers in this group will be building the skills to begin attending USA Swim meets.

- Entry into this group requires swimmers to be able to swim 2 lengths of the pool as freestyle (crawl stroke) and be comfortable kicking and swimming one one's back.
- Emphasis will be placed on drills and learning to legally swim all four competitive strokes with legal turns.

Developmental Track - It is anticipated that swimmers in this group will be attending USA Swimming meets regularly.

- **RED (7-12 YEARS OLD)** – This group is for swimmers who are legally competitive in all four strokes.
 - ***Swimmers must be able to swim 6x50 freestyle @ 1:20 interval and swim a legal 100 IM.*** Emphasis of this group is refining stroke technique, learning to use the pace clock, and understanding more advanced stroke drills. Swimmers in this group are recommended to attend practice at least 3 times per week.
- **WHITE (7-12 YEARS OLD)** – This group is for swimmers who have four legal strokes and are ready to begin swimming longer distances and longer sets than the Red group.
 - ***Swimmers must be able to swim 6x100 freestyle @ 2:25 interval and 4x100 IM @ 2:45 (with legal strokes and turns and maintaining a focus on technique).*** Emphasis of this group is building on the learnings from the Red group, while swimming longer sets while maintaining proper stroke technique and legal turns and finishes. Swimmers in this group are recommended to attend practice at least 3 times per week.
- **BLUE (8 – 12 YEARS OLD)** – This group is for swimmers who are ready to begin to learn how to swim longer repeat distances while maintaining technique adjustments and proper stroke count per length.
 - ***Swimmers must be able to swim 8x100 free @ 2:10 interval and 6x100 IM @ 2:30 (with legal strokes and turns and maintaining a***

focus on technique). Emphasis of this group is building on the learnings from the White group, while swimming more repeats and longer repeats while maintaining technique and speed. Swimmers in this group are recommended to attend practice at least 3 times per week.

Competitive Prep Track - This track will be focused on the swimmers who are practicing at the developmentally appropriate ability level for their journey in the sport but need to be placed with their age grouped peers.

- **Developmental Prep** - The goal of this group will still be to prepare our less experienced swimmers, who are 11 and older, for the requisites of the Developmental track. We want these swimmers to develop the love for the sport, while learning fundamental skills, and eventually participate in competitive opportunities with the confidence of their more experienced peers.
- **Advanced Prep** - The goal of Advanced Prep is to prepare our swimmers, 12 and older, who are striving to work to the level of the Bronze, Silver, and Gold groups in a structure where they can gain the advantage of age-appropriate aerobic fitness, while taking the time to work on specific stroke technique that will carry into those groups.

ADVANCED AGE GROUP TRACK - It is expected that swimmers in this group will be competing in USA Swimming meets regularly.

- **Advanced BRONZE (9 – 14 YEARS OLD)** – This group is for swimmers who are beginning to learn to train. Greater emphasis will be placed on aerobic fitness and progressing speed over increased distance.
 - ***Swimmers must be able to swim 10x100 freestyle @ 1:50 and 6x100 IM @ 2:10 (with legal strokes and turns and maintaining a focus on technique)***. Emphasis of this group is learning how to control intensity over the course of an entire set and practice and apply those learnings to specific events and race strategies. Swimmers in this group are recommended to attend practice at least 4 times per week.

- **Advanced SILVER (10 – 14 YEARS OLD)** – This group is for swimmers who are learning to train at greater distances and intensities than the Bronze group.
 - ***Swimmers must be able to swim 12 x 100 freestyle @ 1:40 and 8 x 100 IM @ 2:00 (with legal strokes and turns and maintaining a focus on technique).*** Emphasis of this group is in being able to make technique adjustments and changes while training a range of set that require more difficulty and intensity. Swimmers in this group are recommended to attend practice at least 4 times per week.
- **Advanced GOLD (11 – 14 YEARS OLD)** – This group is for swimmers who are preparing to begin Senior and Elite training and achievement in the relatively near future.
 - ***Swimmers must be able to swim 20 x 100y freestyle @ 1:30 and 12 x 100y IM @ 1:45 (with legal strokes and turns and maintaining a focus on technique).*** Emphasis of this group is progressing the level of focus on skill, technique, and endurance to be successful in the Senior and Elite levels. Swimmers in this group are recommended to attend practice at least 5 times per week