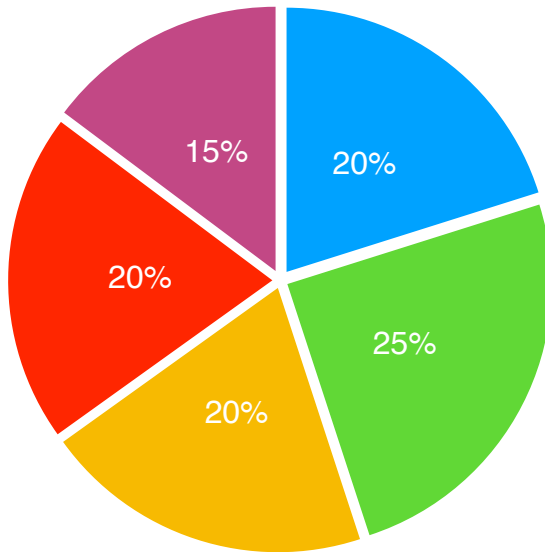


GOLD GROUP

- fundamentals
- skill/drill
- kick
- aerobic advancement
- anaerobic development



Fundamentals

- Efficiency
- IM base training model.
- Anaerobic base training.
- Aerobic threshold training
- Race plan implementation.
- Race pace training
- Knowledge of practice paces and best times.
- Volume: 2500 – 4500 Yards

Kicking

- Flutter kick on/off a board.
- Flutter kick body positions stability drills.
- Butterfly kick on/off a board.
- Increased number of kicks off of all walls during practice.
- Breaststroke kick power drills.
- Use of Kick socks
- Kicking test sets

Skill/Drill

- Advanced drilling skills
- Breathing patterns
- Efficiency sets
- Advanced underwater skill development
- Distance per stroke sets
- Tempo Training sets
- Challenge sets/Test sets

Advancement Eligibility from Gold to Sr. Prep:

- Performs 5 underwater butterfly kicks off all walls while swimming backstroke and butterfly.
- Shows consistent engagement in one's own goals.
- Demonstrates a high level of value and ambition towards the sport.
- Takes initiative in practice by challenging themselves outside of the standard training requirements.
- Shows initiative in working with their coach to establish seasonal goals.
- Shows honest efforts on evaluation sets.
- Shows a significant intent towards the season design by proactively avoiding time off during the season.
- Competently and consistently performs flip turns while wearing a snorkel.

Meets FST's (5) standards for group advancement:

1. Age (11-16)
2. Commitment
3. Ability (Times, Strokes, and Practice Performance)
4. Maturity
5. Coaches' discretion