

Pueblo Swim Club Training Groups

Training Group	Pre-Requisites	Age-Group	Monthly Dues	USA Swimming Registration	Training Sessions & Req'd Equipment	Requirements/Expectations
<p>Orange Group: (Novice Group) A pre-competitive program that is 100% technique based. The emphasis for this group is to gain confidence and enjoyment in the water by teaching basic swimming skills of body/head position, leg propulsion, arm propulsion, breathing and stroke coordination for the four competitive strokes. Other skills that will be taught are dives/starts, finishes and turns for all strokes/races.</p>	The swimmer must be able to swim 25 yards of freestyle (front crawl) with side breathing, and 25 yards of backstroke (back crawl). The swimmer must have been introduced to the breaststroke and butterfly.	5-12 yrs. or at coach's discretion	\$70/month	Yes (\$68 annual membership fee) 2018	1 to 1.5 Hour – 3 days per week Equipment: Fins Dryland: Yes	Swimmers are expected to: <ul style="list-style-type: none"> Attend 2 to 3 days per week. Participate in PSC practice swim meets.
<p>Junior-2 Group: This group is for swimmers who are not able to make a strong commitment to swimming due to other activities/priorities, but still have the desire to swim with a team.</p>	The swimmer must be proficient in all four competitive strokes, turns, and starts.	5 -12 yrs old or at coach's discretion	\$85/month	Yes (\$68 annual membership fee) 2018	1.5 Hours – 4 days per week Equipment: Fins, Paddles, Pull Buoy, Kick Board, Snorkel Dryland: Yes	Swimmers are expected to: <ul style="list-style-type: none"> Attend a minimum of 2 practices/week Bring their equipment to all training sessions Swimmers are encouraged to: <ul style="list-style-type: none"> Compete in appropriate swim meets
<p>Junior-1 Group: This group is for advanced swimmers ready and able to make a strong commitment to swimming and learning life skills (teamwork, strong work ethic, self-reliance, confidence, organization). The emphasis will be improving the swimmer's fitness and technique in order to qualify for higher level age-group competitions. Practices are designed to help the swimmer meet competitive goals at swim meets.</p>	The swimmer must be proficient in all four competitive strokes, turns and starts. Must be able to swim 6x100 with 1:50 send off	10-12 yrs old or at coach's discretion	\$100/month	Yes (\$68 annual membership fee) 2018	Varied – 8 sessions per week Equipment: Fins, Paddles, Pull Buoy, Kick Board, Snorkel Dryland: Yes	Swimmers are expected to: <ul style="list-style-type: none"> Meet with coach and sign the swimmer contract for this group at the beginning of the season. Attend 5 practices/wk Attend at least 1 swim meet per month Provide own training equipment.
<p>Senior-2 Group: This group is for swimmers who are not able to make a strong commitment to swimming due to other activities/priorities, but still have the desire to swim with a team.</p>	The swimmer must be proficient in all four competitive strokes, turns, and starts.	13 and over or at coach's discretion	\$85/month	Yes (\$68 annual membership fee) 2018	1.5 Hours – 4 days per week Equipment: Fins, Paddles, Pull Buoy, Kick Board, Snorkel Dryland: Yes	Swimmers are expected to: <ul style="list-style-type: none"> Attend a minimum of 2 practices/week Bring their equipment to all training sessions Swimmers are encouraged to: <ul style="list-style-type: none"> Compete in appropriate swim meets
<p>Senior-1 Group: This group is for advanced swimmers ready and able to make a strong commitment to swimming and learning life skills (teamwork, strong work ethic, self-reliance, confidence, organization). The emphasis will be improving the swimmer's fitness and technique in order to qualify for higher level age-group competitions. Practices are designed to help the swimmer meet competitive goals at swim meets.</p>	The swimmer must be proficient in all four competitive strokes, turns and starts. Must be able to swim 6x100 with 1:25 send off	13 and over or at coach's discretion	\$100/month	Yes (\$68 annual membership fee) 2018	Varied – 8 sessions per week Equipment: Fins, Paddles, Pull Buoy, Kick Board, Snorkel Dryland: Yes	Swimmers are expected to: <ul style="list-style-type: none"> Meet with coach and sign the swimmer contract for this group at the beginning of the season. Attend 6 practices/wk Attend at least 1 swim meet per month Provide own training equipment.