

# Gold Group

A Gold Group swimmer should have a solid aerobic background, and will be introduced to anaerobic and race pace training. The practice direction, structure and difficulty will be designed for the long-term development of all strokes and all events. Swimmers in this group should be working towards being placed into Senior 2 or 3. It is expected that swimmers in this group commit to consistently making at least 5 workouts per week.

**Practices-** 6 pool practices a week for 1.75 to 2.5 hours.

**Dryland-** 2 x 30-minute dryland sessions per week with a certified trainer.

**Mental and Nutritional Education-** Monthly sessions with a certified and professional mental performance coach. Monthly nutrition informational sessions with a certified nutritionist.

**Meets-** Participation in monthly USA-sanctioned swim meets is expected. Championship meets for this group include Districts, State, Sectionals and Senior Zones.

**Age-** The age range for Gold group swimmers is 13-15 years old (7<sup>th</sup>-9<sup>th</sup> Grade).

**Minimum requirements-** Gold group swimmers should be able to complete the following sets, and meet the standards set forth in the CUDA group promotion philosophy.

12 x 100 Free @ 1:20

10 x 100 IM @ 1:30

**Equipment:** Equipment is used to promote proper technique in different areas. Your coach will communicate which days equipment will be needed. The following pieces of equipment are used or introduced in Gold group:

- Water Bottle
- Kickboards
- Short Fins
- Snorkel
- Paddles
- Pull Buoy
- Tempo Trainer(optional)