



The program levels are designed and organized by the YMCA coaching staff and are structured to accommodate many different ages, abilities and interests.

A swimmers placement in the appropriate group is determined by evaluating multiple factors. Ultimately the coaching staff reserves the right to place swimmers in the squad that will best fit that swimmers needs, level of commitment and their level of ability.

Group Name:	National
Group Focus:	Competitive: A division of the Senior level that demands a great level of commitment, discipline and responsibility. Focus will be placed on continued development in all areas of the sport through water workouts as well as dry land training for upper middle school and high school aged athletes. These swimmers will follow a training cycle that implements stroke development, as well as intense aerobic and anaerobic training cycles. Goal setting is a major part of this group's development and the YMCA core values are highly stressed. Time will be spent on leadership skills and team bonding activities. They will display very high levels of commitment and ability and represent the RYWC at YMCA and USA meets and events within the local, State, Regional and National areas. Swimmers on the National Squad will travel as a team to various meets during the season and are required to participate at the season ending team meet (decided on at the start of each season) for both the short course and long course seasons.
Skill Requirements:	Swimmers must be at least 13 years old and can meet the following Training Set Requirement: 20 x 100 freestyle on 1:20. Swimmers must also demonstrate proficiency in each of the four competitive strokes and have achieved at least one CT Senior SCY qualifying time standard in an event 100yds of length or longer.
Weekly Practice Opportunities:	Ten practices per week depending on the swimmers individual needs. Swimmers at this level are expected to attend 100% of the weekly assigned practices. Planned schedules will be developed between the coach and swimmer at the start of the season. Swimmers that fail to meet the attendance requirement will be moved to a different group with a reduced commitment.
Notes:	<ul style="list-style-type: none">• Swimmers must be YMCA and USA Swimming members.• Swimmer selection into the National Squad is on a seasonal basis. Failure to meet the skill requirements will result in a swimmer being moved to the Senior or Varsity squad.

