



Practice Guidelines for Age Groups

#	Category	Bronze	Silver (Green)	Gold (Black)	Notes
1	Practices offered (week)	5	5	6	<i>Regular attendance strongly encouraged. Improvement achieved with consistency in practice.</i>
	Average Age	8 & Under	9-10	11-12	<i>Ages are average and may shift based on roster across all training groups; these age ranges may fluctuate from season to season</i>
2	Minimum Attendance	75% or higher (4 per week or more)	75% or higher (4 per week or more) GREEN Groups – no Rqt.	80% or higher (5 per week or more) BLACK – No Rqt.	<i>Maintain regular attendance. School and family activities take preference. The higher the attendance the greater opportunity for improvement</i>
3	Equipment	See website	See website	See website	<i>We keep equipment requirements low cost. Athletes are required to bring all equipment to practice every day. Tip: purchase a swimming mesh bag to keep your equipment dry and easy transport.</i>
4	Carpool	25% of families participate	25% of families participate	50% of families participate	<i>Carpooling is optional, but has become a regular occurrence on swim teams</i>
5	Training – categories	<ul style="list-style-type: none"> • 60% balance/drill • 20% training • 20% “other” 	<ul style="list-style-type: none"> • 50% balance/drill • 25% training • 25% “other” 	<ul style="list-style-type: none"> • 25% balance/drill • 50% training • 25% “other” 	<i>Averages only, dependant on season</i>
6	Training – overall focus	<ul style="list-style-type: none"> • Master of balance • Introduction to training • Legal skills in all four strokes • Legal skills in turns • Understanding pace clock • Introduction to competition • Master listening skills/focus • Learning how to work within a team setting 	<ul style="list-style-type: none"> • Master of skills • Master of balance • Introduction to competition • Mastery of skills with the pace clock on varying intervals to include :05, :10, :15, and :20 • Increased aerobic capacity • Working with teammates 	<ul style="list-style-type: none"> • Master of balance • Introduction to training • Master of skills with the pace clock for all set types and variance • Highest level of age group competition • Strong aerobic capacity • Speed-work without loss of technical skills • Collaborating with teammates and become “one team” 	<i>The overall evolution of age group athletes is to develop from a “skilled athlete” to “competition ready athlete”.</i>
7	Training – Incoming Requirements	<ul style="list-style-type: none"> • Ability to swim length of pool in free and back; general competency in Breast and Fly • Competency in dives and flip turns • Ability to understand basic clock skills • Ability to pay attention for 60 min. or longer 	<ul style="list-style-type: none"> • Attempt to complete IMR series previous season • Legal in all four (4) strokes • Competency in flip turns, open turns, and dives • Ability to read clock for intervals of :30 and :60 • 10x50s free on 1:15 • Ability to pay attention for 60 min. or longer 	<ul style="list-style-type: none"> • Completed IMR series in previous series • Legal in all four (4) strokes and IM • Advanced skilled in flips turns, open turns, and starts • Ability to read clock for intervals of :15 and :20 • 10x50s free on 1:00 • Ability to pay attention for 90 min. or longer 	<p><i>Athletes are expected to meet these basic core requirements before entering the group, space available</i></p> <p><u>USA-Swimming’s IMR events</u> 10un: 100Fr, 50Bk, 50Br, 50Fly, 100IM 11-12: 200Fr, 50Bk, 50Br, 50Fly, 100IM 13up: 200Fr, 100Bk, 100Br, 100Fly, 200IM</p> <p><u>USA-Swimming’s IMX events</u> 10un: 200Fr, 100Bk, 100Br, 100Fly, 200IM 11-12: 500Fr, 100Bk, 100Br, 100Fly, 200IM 13up: 500Fr, 200Bk, 200Br, 200Fly, 200IM, 400IM</p>



8	Training – Exit Criteria	<ul style="list-style-type: none"> • Minimum age 8.5 • Legal in all four (4) strokes • Competency in flip turns, open turns, and dives • Ability to read clock for intervals of :30 and :60 • 10x50s free on 1:15 • Ability to pay attention for 60 min. or longer 	<ul style="list-style-type: none"> • Minimum age 10.5 • Ability to training at 1:00/50y for a minimum of 500y • Regular attendance for the 90-day period preceding the move date • Ability to follow clock and circle swim with peers 	<ul style="list-style-type: none"> • Minimum age 13 and hold 1:30/100y for 1000y • Females minimum age 12 and hold 1:20/100 for 1000y or post a sub 36:00.00 in a timed 3,000yd swim • Regular attendance for 90-day period preceding move • Ability to follow detailed instructions and apply instructions 	By the time athletes leave this group, it is expected they can accomplish these core skills, which are essentially the incoming requirements for the next group
9	Test Sets	<ul style="list-style-type: none"> • Timed 50s • Timed 500 • Summer Sanders 75s 	<ul style="list-style-type: none"> • Timed 50s • Kick 200 • Timed 1000/2000 • Summer Sanders 50s 	<ul style="list-style-type: none"> • Timed 100s • Kick 200 • Timed 2000/3000 • Summer Sanders 100s 	All TEST SETS are high encouraged. However – do not feel that results from test sets are an accurate assessment of how your athlete is doing in practice.
10	Summer League participation	Roughly two-thirds of swimmers participate and is totally optional; if participating attend minimum 2 Raider practices p/week to maintain technique	Roughly two-thirds of swimmers participate and is totally optional; if participating attend minimum 3 Raider practices p/week to maintain technique	Roughly half of swimmers participate and is totally optional; if participating still expected to maintain Raider attendance requirements	Summer league participation is optional; Raider coaches support it – please plan schedules ahead of time to balance both practices and championship meets
11	Planning Sheet (Coaches Tool)	Coaches will manage group roster / admin	Coaches will manage group roster / admin	Coaches will manage group roster / admin	Assists coaches plan for your athlete’s practice and meet attendance
12	Website Calendar	Changes occur often, coaches will send emails	Changes occur often, coaches will send emails	Changes occur often, coaches will send emails	Coaches will attempt to list all practice deviations at least 1 week prior to the date. “Emergencies” will be emailed immediately
13	Disciplinary	(1) Warning in practice, (2) practice dismissal & contact parents, (3) meeting w/parents, (4) board notification	(1) Warning in practice, (2) practice dismissal & contact parents, (3) meeting w/parents, (4) board notification	(1) Warning in practice, (2) practice dismissal & contact parents, (3) meeting w/parents, (4) board notification	Disruptions in practice and meets are not conducive to learning environment. Athletes are not to distract other athletes when the coaches are teaching



Swim Meet Guidelines for Age Groups

#	Category	Bronze	Silver (Green)	Gold (Black)	Notes
1	Meet Attendance (Local Meets)	100% recommended, home meets required	100% recommended GREEN – highly recommend home meets, local meets opt.	100% recommended BLACK – highly recommend home meets, local meets opt.	Local meets are in the Dayton area
2	Meet Attendance (Regional Meets)	25% or higher recommended RED FITNESS – no rqmt.	50% or higher recommended GREEN – no rqt.	75% or higher recommended BLACK – no rqt.	Regional Meets are <3 hours (Cincinnati, Columbus, Indianapolis, Cleveland)
3	Meet Attendance (Junior Olympics)	100% required if qualified	100% required if qualified	100% required if qualified	JOs are “state champs”
4	Swim Meet Focus	All meets are “practice” except Championships	All meets are “practice” except Championships	All meets are “practice” except Championships	Parent Tip: Get on same page with coach on what the focus is for each meet and for the season. The coach will often send out a “pre-meet focus” note to parents on what the goals and objectives are for the weekend
5	Individual Entries	Parents enter, coaches review/approve, generally 2 to 4 per day	Parents enter, coaches review/approve, generally 3 to 5 races per day	Parents enter, coaches review/approve, enter max or “close to” maximum per day	Athletes encouraged to increase their experience in all races as they get older, avoid targeting one race or one stroke during the season
6	Relay Entries	Coaches enter, based on swimmer times	Coaches enter, based on swimmer times	Coaches enter, based on swimmer times	During the regular season – based on times for complete transparency across the program. During State Champs – coaches may configure based on team needs
7	Types of Events	All 25s and 50s, begin trying 100s and possibly 200 Fr	All 50s, 100s, begin entering 200s	All 50s, 100s, 200s, begin entering 500s, 1650 (optional)	Athletes encouraged to grow their “base” of events to include new challenges
8	Meet Results PB %	<ul style="list-style-type: none"> Focus on “how” to race, having fun, technique; not PB times Introduction to championship meets 	<ul style="list-style-type: none"> During season goal: 60% Championship tapered goal: 80+% 	<ul style="list-style-type: none"> During season goal: 50% Championship tapered goal: 80+% 	Athletes should progress their level of championship participation as they get older; tapering and achieving % of best times is facilitated by physical and emotional development
9	Shaving	n/a	Optional (discuss with coach)	Required 11 & overs for end of season Championships	Shaving is part of the “taper” phase and helps swimmers go fast at championships. As swimmers progress through the Blue and Bronze groups, they should make the transition to “shaving down”
10	Entering Friday night “Distance” events	Swimmer discretion	Recommended when swimmer is capable	Strongly recommended for all swimmers	Most Friday sessions include events such as: 10 & Under and 11 & 12 - 200s/500s
11	Prelims/Finals	Typically this does not apply to 8 & unders	Finals – recommended if qualified	Finals – required if qualified unless prior arrangement with coach was made	Swimmers may make finals at some point. When this happens, avoid scratching finals; this is where your athlete learns how to race and gains confidence as well as endurance