

## Snowfox Training Groups:

The **Sioux Falls Snowfox Swim Team** offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the **Sioux Falls Snowfox Swim Team** to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities.

The following are descriptions and expectations of our six training groups. We ask you to look them over but please realize that **THE HEAD COACH HAS FINAL SAY ON PLACEMENT FOR ALL SWIMMERS!**

### Developmental (D1):

- Age Range: 5 to 9 years old
- Suggested Number of Practices Per Week: 3
- Requirements:
  - o Ability to swim 25 freestyle and 25 backstroke without assistance
- Goals:
  - o Know and distinguish all four (4) competitive strokes, starts, and turns
  - o Introduction to drills, the pace clock, swim meets, breaststroke, and butterfly
  - o Participate in a multi-team meet

### Developmental (D2):

- Age Range: 8 to 11 years old
- Suggested Number of Practices Per Week: 3
- Requirements:
  - o Ability to swim 50 freestyle and 50 backstroke without assistance
  - o General knowledge and understanding of all four competitive strokes
- Goals:
  - o Able to complete a legal 50 of all four strokes
  - o Compete in all team hosted swim meets (3 - 4 each year)
  - o Understanding of drills, the pace clock, and swim meets

### Pre-Competitive:

- Age Range: 8 to 11 years old
- Suggested Number of Practices Per Week: 3
- Requirements:
  - o Know and distinguish all four 4 competitive strokes, starts, and turns
  - o Knowledge of drills, the pace clock, swim meets, and swimming fundamentals
  - o Participation in a multi-team meet
- Goals:
  - o Compete in all team hosted swim meets (3 - 4 each year)
  - o Swim a legal 100 IM/200 IM in a swim meet (depending on age)
  - o Willing to try longer races (200 free, 400 free, 200 IM, 100 fly)
  - o Consistently swim legal 50's of all 4 competitive strokes at practices and swim meets

### Competitive:

- Age Range: 10 to 13 years old
- Suggested Number of Practices Per Week: 4
- Requirements:
  - o Compete in all team hosted swim meets (3 - 4 each year)
  - o Swim a legal 100 IM at swim meet
  - o Consistently swim legal 50's in all 4 competitive strokes at practices and swim meets
- Goals:

- Achieve SD State Times in 3 Events
- Compete in a variety of different events throughout the season (example - 500 free, 100 fly, 200 IM)
- Establish an IMR score
- Compete in one (2) non team hosted swim meet

### **Senior 1:**

- Age Range: 12 to 18 years old
- Suggested Number of Practices Per Week: 5
- Requirements:
  - Achieve SD State Times in 3 Events
  - Compete in a variety of different events throughout the season (example - 500 free, 100 fly, 200 IM)
  - Establish an IMR score
  - Compete in one (1) non team hosted swim meet
- Goals:
  - Qualify for SD State Swim Meet and MYAS Swim Meet
  - Achieve three (3) 'A' Times
  - Established an IMX Score
  - Compete in multiple swim meets outside of Sioux Falls, SD

### **Senior 2:**

- Age Range: 14 to 19 years old
- Suggested Number of Practices Per Week: 7
- Requirements:
  - Qualify for SD State Swim Meet and MYAS Swim Meet
  - Achieve three (3) 'A' Times
  - Established an IMX Score
  - Compete in multiple swim meets outside of Sioux Falls, SD
- Goals:
  - Achieve Sectionals, Grand Prix, NSCA Junior National Qualifying Times
  - Compete at out of state swim meets
  - Complete a workout journal
  - Compete in all events in a Season

\*\* The Senior 2 group means that they have committed themselves to Snowfox and are wanting to reach higher qualifying meets such as Sectionals, Grand Prix meets, NSCA Junior Nationals, etc. They are expected to be at as many practices as are available to them in a week and the final decision to be in this group is up to the coaches.