



## **Training Group Descriptions**

Tampa Bay Aquatic Club is an athlete-centered competitive club, dedicated to the long term development of great student-athletes. Our club is open to athletes of all ages and swimming backgrounds. Our training groups are organized based on skill level and age to best serve each *individual* athlete.

This training group organization outline gives our club structure, and provides insight to the path your child will likely follow as they progress through our program. However, this outline is just that, an outline. As we grow and develop program-wide, these criteria can and should evolve with us. At times coaches may make moves outside the designated group guidelines to ensure quality coaching for the individual, group, and team as a whole. Our program is designed so that each athlete spends a few seasons in each training group. All group changes are at the coaches' discretion, and will usually happen at the end of each season (August, December, and March).

Some athletes will progress faster than others. Our goal is to teach swimmers to be patient, and enjoy the process of becoming a great student-athlete. Please remember that group placement is not a statement on the long term success of your child.

**All TBAC Swimmers are expected to display Championship Behavior by meeting our team standards at all times** - no matter what group they are in, how long they have been part of our program, or how fast they can swim.

### **TBAC Team Standards**

Show up ready and prepared.

Honor your teammates with effort, and expect them to honor you with their effort.

Do what is right.

Have Fun!

**The TBAC Jr Bolts Program** is designed to introduce young athletes to competitive swimming. Bronze, Silver, and Gold Groups are considered Jr Bolts. As part of our long term development model, Jr Bolts Swimmers only swim part time. Athletes in these groups are encouraged to try other sports and activities. As they progress through our program, their commitment to swimming is expected to increase. Skill level, training ability, work ethic, and commitment level will determine if athletes are ready to progress to the next group and eventually if they are ready for full-time swimming in the Hybrid, Age Group, and Senior side of our program.

**Jr Bolts Bronze Swimmers** are usually around 6 to 10 years old and are brand new to competitive swimming. They are able to swim a 25 freestyle and 25 backstroke and can swim at least halfway across the pool doing butterfly and breaststroke upon joining the team. Bronze Swimmers display Championship Behavior by arriving to the pool on time with the proper equipment, being kind to their teammates, by listening quietly and following directions. Bronze Swimmers will learn to read the clock, swim all four strokes legally, understand lane etiquette, and have fun during practice. They will learn to do turns for all racing situations, backstroke starts, and dive from the blocks. Bronze swimmers attend 3 practices a week, and begin attending at least one day of meets.

**Jr Bolts Silver Swimmers** are generally between 8 and 11, and have a little bit of competitive swimming experience. While they can swim all four strokes, they will continue to refine their start, stroke, and turn technique. Silver Swimmers continue to develop their Championship Behavior by carrying their own equipment to the pool, knowing how to execute the warm-up routines properly, and by making corrections when coaches give feedback. They will learn to read the clock better, follow intervals and longer sets, as well as continue to perfect lane etiquette. Silver Swimmers should attend 3 practices a week, as well as begin to attend multiple days of meets. Silver Swimmers attend championship meets, such as Area 3, and some will begin to qualify for meets like FLAGS.

**Jr Bolts Gold 2 Swimmers** are generally between 12 and 16 years old, and usually have some competitive swimming experience. They may be newer to the sport, or not ready to focus on swimming full time yet. All Gold Swimmers build upon their Championship Behavior by running themselves through warm-up routines, understanding that swimming fast during practice is fun, and talking to their coach about their goals, both at practice and at swim meets. Stroke technique is still the main focus for this group, but they will be introduced to some endurance and conditioning training. Gold 2 swimmers should be able to follow intervals and longer training sets, attend

practice 4 days a week, and attend multiple days of most meets. Gold 2 Swimmers will attend championship meets, such as Area 3.

**Jr Bolts Gold 1 Swimmers** are generally between 9 and 12 years old, and have some competitive swimming experience. They can still participate in multiple sports and activities, but are starting to focus more on swimming. All Gold Swimmers build upon their Championship Behavior by running themselves through warm-up routines, understanding that swimming fast during practice is fun, and talking to their coach about their goals, both at practice and at swim meets. Stroke technique is still the main focus for this group, but they will be introduced to some endurance and conditioning training. Gold 1 swimmers should be able to follow intervals and longer training sets, attend practice 4 days a week, and attend multiple days of almost every meet. Gold 1 Swimmers will attend championship meets, such as Area 3, and some will begin to qualify for meets like FLAGS.

**Hybrid Swimmers** are usually 10 to 14 years old, and have a few years of competitive swimming experience. While athletes might participate in multiple sports or activities, the Hybrid group is the first introduction to full-time competitive swimming. Hybrid Swimmers continue to display Championship Behavior by being leaders in the Gold Group, holding teammates accountable to do warm-ups correctly, and understanding their goal pace for their best events. Stroke Technique is still the main focus of this group, but more endurance and conditioning will be incorporated into their training. Hybrid Swimmers attend 5-6 practices each week and multiple days of all meets they qualify for. Hybrid Swimmers are trying to qualify for championship meets like FLAGS.

**Age Group Swimmers** are mostly 12-14 years old, have years of experience and are highly competitive. If they participate in multiple sports or activities, swimming is their main focus. Age Group Swimmers exemplify Championship Behavior by acting as leaders to all 14 & Under swimmer for the whole team, begin holding teammates accountable to do things correctly all the time, as well as knowing (and hitting) their goal pace for every stroke and distance in practice. Higher level overall training in the water and on land will be emphasized, and stroke technique focus will be incorporated throughout the season. Age Group swimmers can follow more complicated intervals and sets accurately and consistently. They will complete goal setting activities, and have multiple, personal conversations with their coach about what they want to accomplish. Additionally, they serve as the ideal representation of our club in the community. Age Group swimmers should attend 6 practices a week, and every day of every meets that they qualify for. Age Group swimmers are trying to qualify for championship meets such as FLAGS and Sectionals.

**Senior 2 Swimmers** are in high school and have some competitive swimming experience. Senior 2 swimmers might participate in other sports and activities, and communicate with their coaches about what their goals are with swimming. All Senior Swimmers continue to exemplify Championship Behavior by acting as leaders for the entire team, and holding teammates accountable in all aspects of being a great student-athlete. They should attend at least 5 practices each week and multiple days of almost every meet. They serve as role models for age group swimmers, and are the ideal representation of our club in the community. Senior 2 swimmers are trying to qualify for championship meets like Regions and Senior Champs. Senior swimmers also work closely with the coaching staff as they plan the next step in their academic career.

**Senior 1 & National Development Swimmers** are high school age athletes with years of highly competitive swimming experience. They are fully committed to swimming, attend all practices and meets. All Senior Swimmers continue to exemplify Championship Behavior both in and out of the pool by acting as leaders for the entire team, holding teammates accountable in all aspects of being a great student-athlete, and acting as ambassadors for our sport. They take a more active role in their swimming by communicating with Coach Dave to develop a personalized training plan to reach their goals. They serve as role models for age group swimmers, and are the ideal representation of our club in the community. Senior 1 swimmers are trying to qualify for and place at championship meet such as Sectionals, Futures, Junior and Senior Nationals, and U.S. Olympic Trials. Senior swimmers also work closely with the coaching staff as they plan the next step in their academic career.