Carrollton Bluefins Swim Team



Group Breakdowns

Head Coach: John Pepper

Bronze

MUST HAVE WATER BOTTLE AT EVERY PRACTICE/MEET

Age Requirement: 10&u

Practice Options Available: See Website for practice schedule

Requirements: (at coaches’ discretion)

* Legal 25 freestyle and 25 backstroke, unassisted

Training: (Learning/Fun Emphasis)

* 5 min warm up
* 15 min kick
* 15 min stroke drills
* 10 swim/dive/etc

Dryland: None

Swim Meet Requirements: Must attend All Home Meets and select meets for this group

Silver

MUST HAVE WATER BOTTLE AT EVERY PRACTICE/MEET

Age Requirement: 10&u

Practice Options Available: See Website for practice schedule

Requirements: (at coaches’ discretion)

* 25s of all strokes unassisted
* Streamlines
* Ready position push-offs
* Flip-turns
* Bi-lateral breathing

Training: (Learning/Fun Emphasis)

* Warm-up (max 200 yards total)
* **NO PULLING!**
* Kicking (with and without fins)
* Drill Work (with and without fins)
* Starts/Turns/Finishes
* Streamline Kicking/Underwater dolphin kicks
* Cool Down (100 easy, form habit of cool down)

Dryland: Introduction to push-ups/sit-ups

* + Technique
* Spatial Awareness
	+ Tossing a ball, streamline jumps, jumping jacks, hoola-hoop, etc.
* Reaction Drills
	+ Slap game, grab the goggles, clap starts, etc.
* Core
	+ Kicking on your back, leg lift, back-to-back ball passes, etc
* Balance

Swim Meet Requirements: Must attend All Home Meets and 2 away meets

Gold

MUST HAVE WATER BOTTLE AT EVERY PRACTICE/MEET

Age Requirement: 11&over

Practice Options Available: See Website for practice schedule

Requirements: (at coaches’ discretion)

* 25s of all strokes unassisted
* Streamlines
* Ready position push-offs
* Flip-turns
* Bi-lateral breathing

Training: (Learning/Fun Emphasis)

* Warm-up
* Kicking (with and without fins)
* Drill Work (with and without fins)
* Starts/Turns/Finishes
* Streamline Kicking/Underwater dolphin kicks
* Cool Down (form habit of cool down)

Dryland: Hand-eye coordination and spatial awareness exercises.

Swim Meet Requirements: Must attend All Home Meets and 2 away meets

Age Group 4

MUST HAVE WATER BOTTLE AT EVERY PRACTICE/MEET

Age Requirement: Elementary School

Practice Options Available: See Website for practice schedule

Requirements: (at coaches’ discretion)

* Mostly Legal 50’s – All four strokes
* Complete 100 IM
* Legal Dive
* Streamlines
* Ready position push-offs
* Three strokes off the wall before first breath
* Bi-lateral breathing

Training: (Learning/Fun Emphasis)

* Warm-up (max 200 yards total)
* **NO PULLING!**
* Kicking (with and without fins)
* Drill Work (with and without fins)
* Typically 1500-2000 yards/practice
* Starts/Turns/Finishes
	+ Quick sprints
* Streamline Kicking/Underwater dolphin kicks
* Cool Down (100 easy, form habit of cool down)

Dryland:

* Introduction to push-ups/sit-ups
	+ Technique
* Spatial Awareness
	+ Tossing a ball, streamline jumps, jumping jacks, hoola-hoop, etc.
* Reaction Drills
	+ Slap game, grab the goggles, clap starts, etc.
* Core
	+ Kicking on your back, leg lift, back-to-back ball passes, etc
* Balance

Swim Meet Requirements: Must attend All Home Meets and 3 away meets

Age Group 3

MUST HAVE WATER BOTTLE AT EVERY PRACTICE/MEET

Age Requirement: Elementary School

Practice Options Available: See Website for practice schedule

Requirements: (at coaches’ discretion)

* Legal 50’s – All four strokes
* Complete 200 IM
* Legal Dive
* Streamlines
* Ready position push-offs
* Three strokes off the wall before first breath
* Bi-lateral breathing
* 3 Practices per week

Training: (Learning/Fun/Competition focused Emphasis)

* Warm-up
* Introduction to the pace clock
	+ leaving single-file, 5 seconds apart
	+ basic intervals
* Kicking (with and without fins)
* Drill Work (with and without fins)
* Typically 2000-3000 yards/practice
* Starts/Turns/Finishes
	+ Quick sprints
* Streamline Kicking/Underwater dolphin kicks
* Cool Down (form habit of cool down)

Dryland:

* Introduction to push-ups/sit-ups
	+ Technique
* Spatial Awareness
	+ Tossing a ball, streamline jumps, jumping jacks, hoola-hoop, etc.
* Reaction Drills
	+ Slap game, grab the goggles, clap starts, etc.
* Core
	+ Kicking on your back, leg lift, back-to-back ball passes, etc
* Balance
* Swim Meet Requirements: Must attend All Home Meets and 3 away meets

Age Group 2

MUST HAVE WATER BOTTLE AT EVERY PRACTICE/MEET

Age Requirement: Middle School

Practice Options Available: See Website for practice schedule

Requirements: (at coaches’ discretion)

* Legal 100’s – All four strokes
* Complete 200 IM
* Legal Dive / Streamlines
* Ready position push-offs
* Four strokes off the start before first breath
* Bi-lateral breathing
* Able to read pace-clock

Training: (Training/Aerobic Emphasis)

* Warm-up
* Introduction to ‘training’
* Kicking (with and without fins)
* Drill Work (with and without fins)
* Typically 2000-4500 yards/practice
* Starts/Turns/Finishes
	+ Quick sprints
* Streamline Kicking/Underwater dolphin kicks
* Cool Down (form habit of cool down)

Dryland: weight barring exercises and light med ball/kettle bell workouts

Swim Meet Requirements: Must attend All Home Meets and 3 away meets

Age Group 1

MUST HAVE WATER BOTTLE AT EVERY PRACTICE/MEET

Age Requirement: Middle School

Practice Options Available: See Website for practice schedule

Requirements: (at coaches’ discretion)

* Legal 200’s – All four **strokes**
* Legal Dive / Streamlines
* Three strokes off the start before first breath
* Bi-lateral breathing
* Able to read pace-clock
* Goal Setting
* 4 Practice a week

Training: (Training/Competition Focused)

* Warm-up
* IM Focused - Learning to train to race
* Kicking (with and without fins)
* Drill Work (with and without fins)
* Typically 2500-5000 yards/practice
* Starts/Turns/Finishes
* Quick sprints & Race Pace Training
* Streamline Kicking/Underwater dolphin kicks
* Cool Down (form habit of cool down)

Dryland: (With Justin)

Swim Meet Requirements: Must attend All Home Meets and 4 away meets

Senior

MUST HAVE WATER BOTTLE AT EVERY PRACTICE/MEET

Age Requirement: High School

Practice Options Available: See Website for practice schedule

Requirements: (at coaches’ discretion)

* Legal 200’s – All four strokes
* Complete 400 IM
* Legal Dive / Streamlines
* Four strokes off the start before first breath
* Bi-lateral breathing
* Able to read pace-clock
* Goal Setting
* 5 Practices per week

Training: (Training/Competition Focused)

* Warm-up
* IM/ Distance/ Race Pace
* Kicking (with and without fins)
* Drill Work (with and without fins)
* Typically 3500-7000 yards/practice
* Starts/Turns/Finishes
* Quick sprints & Race Pace Training
* Streamline Kicking/Underwater dolphin kicks
* Cool Down (form habit of cool down)

Dryland: (With Justin)

Swim Meet Requirements: Must attend All Home Meets and 4 away meets