



**Competitive Swim Team Group Descriptions:**

**Intermediate Level - LIKE**  
Age Group Competitive (AGC),

**Advanced Level - LOVE**  
Advanced Age Group Competitive (AAG)

**Elite Level - LIVE**  
The MAAC Racing Club (MRC)

## Age Group Competitive (AGC)- Intermediate Level - **LIKE**

Details	Age Group Competitive
<b># of Practices per Week</b>	Up to 4, Strongly encouraged to attend at least 3 practices per week.
<b>Total Hours of Training</b>	Four (4) 75 min Practices
<b>Typical Age Of Swimmers</b>	6-10 years of Age,
<b>Participate in Competitions?</b>	Yes. Required.
<b>Prerequisites for Joining this Group</b>	-Swim at least 3 strokes -Complete a 4 x 50 yard Freestyle on 1min 15 sec interval -Coaches' Approval Required
<b>Is Equipment Required?</b>	Yes
<b>Dryland Training</b>	Yes
<b>Annual Registration Fee</b>	\$250
<b>Monthly Fee</b>	\$190

### **Age Group Competitive(AGC-WILL Compete at Swim Meets) - **LIKE****

- Perfect for experienced summer league swimmers and returning year round swimmers
- Coaches still striving to create a challenging and enjoyable experience
- Swimmers who **LIKE** the sport and may be looking to become more involved in the sport (i.e. more training and/or competing)
- Further development of strokes and racing strategies
- Highly focused on “Getting It Right” beautiful strokes
- Introduction to age appropriate strength development
- For those competing in swim meets, encouraged to attend more travel meets
- Swimmers may be involved in other sports, activities- No Problem-We encourage participation in other sports.

## Advanced Age Group (AAG) - Advanced Level- **LOVE**

Details	Advanced Age Group Competitive
<b># of Practices per Week</b>	Up to 5, Strongly encouraged to attend at least 4 practices per week
<b>Total Hours of Training</b>	Four (4) 1h 45min Practices, One (1) 120 min Practice on Saturday
<b>Typical Age Of Swimmers</b>	11-18 years of Age
<b>Participate in Competitions?</b>	Yes. Required.
<b>Prerequisites for Joining this Group</b>	-Swim all 4 strokes legally -Racing Dives and Turns -Complete 10 x 100 Free @ 1 min 40 s interval -3 x 100 IM @ 1:50 -Coaches Approval Required
<b>Is Equipment Required?</b>	Yes
<b>Dryland Training</b>	Yes
<b>Annual Registration Fee</b>	\$250
<b>Monthly Fee</b>	\$210

### **Advanced Age Group (AAG-WILL Compete in USA Swimming Meets)-LOVE**

- Coaches are still creating an enjoyable experience.
- For swimmers who **LOVE** the sport and may see themselves competing in high school; college for some.
- Strength training plays a bigger role dryland movements become more advanced
- Preparing swimmers for MAAC Racing Club also referred to as the Senior Group
- More advanced stroke instruction and swimmers learn race strategies and pacing
- Training sessions become more challenging more, longer and more swimming, more intensity.
- More travel, more time and energy from everyone in the family.
- Swimmers may be involved in other sports, activities- No Problem-We encourage participation in other sports.

## MAAC Racing Club (MRC)- Competition Required) - LIVE

Details	MAAC Racing Club
<b># of Practices per Week</b>	Six (6) Practices per week, 95% Attendance Required
<b>Total Hours of Training</b>	AM Training: 7 hours; PM Training Sessions three (3) 2.5 hr training Sessions. (10 hours per week)
<b>Typical Age Of Swimmers</b>	13-18 years of Age
<b>Participate in Competitions?</b>	Yes. Required.
<b>Prerequisites for Joining this Group</b>	10 x 100 free@1:15 Coaches Approval Required
<b>Is Equipment Required?</b>	Yes
<b>Dryland Training</b>	Yes
<b>Annual Registration Fee</b>	\$250
<b>Monthly Fee</b>	\$300

### MAAC Racing Club (MRC- Competition Required) - LIVE

- Swimmers **LIVE** for the sport.
- MRC members are fully committed to the sport, most plan on swimming in college
- Huge time commitment
- Swimmers are looking to qualify for state, regional, national and international meets
- Most challenging training group
- Swimmers are invited into the group based on the value they can add to the group.
- There are swimmers who participate in other sports.