

SWAG GROUPS

The names for each practice group are designed to loosely follow the progression of USA Swimming's IMR/IMX Challenge criteria. In doing so we hoped to create an association with that system as it encourages and rewards athletes to become proficient in, and improve, all strokes and events across the sport. The IMR/IMX program also provides a way to measure each athlete against athletes all over the country of the same age and gender utilizing its ranking system across several different levels – Club, State, Region, and Nation. For more information on the IMR/IMX Program, please see the IMR/IMX section of the team handbook for a complete explanation.

IM Awesome (IMA)

Ages 6-12

This group is for athletes who are in their first 1-3 years of swimming and focuses primarily on teaching the four competitive strokes, starts, and turns. Swimmers in this group will utilize drills, videos, and demonstrations to learn proper technique. IMA athletes will also work on improving their stamina and overall fitness through fun and challenging practice sets in addition to learning lane etiquette and competition preparation.

IM Ready (IMR)

Ages 8-12

This group is for more experienced swimmers legal in all four strokes that have shown a desire and commitment to continuing their training at the next level. Swimmers in this group will continue to perfect their technique while they train to swim longer distances, utilize interval training, and developing race readiness and strategies. In addition to in water practices, IMR athletes will improve their overall fitness, core stability, and coordination during dry-land workouts several times a week with our strength coach.

IM Extreme (IMX)

Ages 11-14

IMX is designed for the advanced pre-teen swimmer who is competitive at or near the state championship level. Swimmers entering into this group will already have solid technique, great practice attendance, the ability to train longer distances with more difficult sets, and demonstrated their willingness to work hard. IMX athletes will learn more advanced technical skills in a fast paced and intense practice environment geared towards enabling them to not only compete at the highest levels of age group swimming, but to be finalists and medal winners in those competitions. IMX swimmers will also increase their aerobic base, flexibility, strength, and power during dry-land training several days a week.

IM Elite (IME)

Ages 13-18

IME is a training group for our top tier athletes. Swimmers at this level have been training consistently for several years, many since they were very young. These athletes are qualified to compete at the state championship level with aspirations of competing and placing in sectional and national level meets. IME swimmers are not only dedicated, hard working, and detail oriented, they are also leaders and positive role models to others. IME training consists of practices designed to reinforce great technique enabling swimmers to retain the efficiency of their strokes throughout races of varying distances through a variety of training methods including USRPT style, pace training, "fail" challenges, and VO2 Max sets to name a few. Athletes in this group will have multiple high intensity dry-land practices per week with our strength coach focusing on injury prevention, core strength, building leg power, back and shoulder stability, agility, increasing aerobic capacity, improving reaction time, and team building.

IM Strong (IMS)

Ages 12-18

Designed for the pre-teen through senior athlete, IMS is a group where older swimmers new to the sport as well as those athletes training to meet fitness goals and/or become a part of their high school team can all train together in a fun and energetic environment. IMS swimmers will learn and improve their stroke, turn, and start techniques while

increasing their level of physical fitness and training to swim long and short distances in all events. IMS can enable swimmers to get the skills and stamina they need to transition to other levels of our program in addition to providing a consistent group for those athletes wanting a low key training environment where they can meet their individual swimming goals. In addition to in water practices, IMS athletes will have access to dry-land activities each week designed to improve their overall fitness, build confidence, increase their flexibility and strength, and challenge them to work together as a team.