

# Cypress-Fairbanks Swim Club Group Descriptions 2019-2020

## Fleet AGE GROUP Division

### Stroke, Turn and Fitness:

Swimmers in the Stroke, Turn and Fitness groups are interested in improving technique and skills, as well as improving fitness, but not competing in club swim meets. The focus of this group is learning to improve streamlines, turns, technique for all four strokes and building upon the fundamental swimming skills swimmers have previously learned. They are also introduced to interval training with a pace clock through swim and kick sets. Swimmers must be legal in 3 strokes with knowledge of the fourth stroke. Athletes are encouraged to participate in Summer League and/or their middle school or high school swimming programs. Practices are one hour, and attention to proper stroke details are emphasized with endurance training, and a little bit of FUN thrown in! Swimmers aged 9 & above may participate in the Stroke, Turn and Fitness groups.

### Bronze and Silver:

Bronze and Silver are our entry level TEAM groups, introducing young athletes to the world of competitive swimming! Through the application of drills, skills and repeating of swimming fundamentals and race strategies, our Bronze and Silver group swimmers are taught an appreciation of the sport from an early age as they learn to improve. Technique and skill development are our primary focus for both short term success and long-term development. Practices last 45-60 minutes and meets are offered approximately every 6 weeks.

- 1) Bronze: This program is tailored for the beginner swimmer that has progressed beyond swim lessons, has a minimum ability to swim a length of the pool unassisted and demonstrating proper technique in Freestyle (with breathing to both sides) and Backstroke (with proper head and body position). The goal for this level is to provide the swimmer with increased swimming exposure and confidence. Practices for this group focus on streamlining, refining Freestyle and Backstroke techniques as well as introducing Breaststroke and Butterfly.
  - Bronze group athletes are encouraged to participate in Summer League.
  - The minimum age for this group is 5 years old.
  - Practices are offered twice per week for 45 minutes
  - Bronze group athletes are encouraged to attend both days and participate in meets
  
- 2) Silver: This program is for beginner swimmers legal in three strokes (Freestyle, Backstroke and either Breaststroke or Butterfly). This group focuses on teaching the fundamentals of all four strokes, as well as building strength and endurance through drills and kicking/swimming multiple lengths of the pool. There is increased emphasis on developing competition skills and readying the swimmers for competitive swimming. Specific skills being taught include: streamlines, legal technique in all four strokes, competitive turns, and competitive starts.
  - Silver group athletes are encouraged to participate in Summer League.
  - The recommended age for the Silver group is 6-8 years old.
  - Practices are offered three times per week for 45 minutes.
  - Silver group athletes should attend 2-3 practices per week and participate in meets.

### **Age Group Gold:**

Gold is a competitive group that teaches intervals, challenging workouts, improvement of all four competitive strokes, starts, turns, finishes, and racing strategies. This group refines and builds upon fundamentals while introducing more advanced drills and efficiency techniques. Swimmers must be legal in all four strokes for entry. There is a strong emphasis on developing and refining competition skills. The Gold group is a great place for newer competitive swimmers coming from summer league or advanced swim lessons and are looking to commit to 2 or more practices per week. We emphasize stroke technique, teamwork, basic training etiquette and behavior. Meet participation is expected. This group builds upon the fundamental swimming skills learned in the Bronze and Silver groups. More advanced drills and training techniques are introduced progressively to improve overall coordination and efficiency in water. Swimmers are encouraged to attend practice regularly and participate in swim meets. Competitive goals include continuing to master the four competitive strokes, and gaining proficiency in turns, starts, and finishes. The Gold group targets young swimmers who are new to Club Swimming and want a fun avenue to improve their abilities.

- Gold group athletes are encouraged to participate in Summer League.
- The recommended age for the Gold group is 7-11 years old.
- Gold group practices are offered 5 times per week, 60 minutes each.
- Gold group athletes should attend more than 2 practices per week.
- Gold group athletes are required to participate in meets

### **Age Group White:**

The White group program is designed to build off the knowledge gained in the Gold group, providing the next progressive step in our Age Group program. Further emphasis is placed on stroke technique, interval training and pacing, and aerobic development. There is a strong emphasis on stroke mechanics and refining competition skills with the addition of interval training and conditioning. Dryland, focused on coordination and balance, is introduced in this group. Swimmers in this group have previous Club swimming experience and are able to perform during training sets in practice. Group goals include consistent practice attendance, meet attendance, swimming longer swims and sets.

- White group swimmers are encouraged to participate in Summer League as well as Club meets and practice.
- The recommended age for the White group is 8 to 12 years old.
- White group practices are offered 5 times per week, 75 minutes each.
- White group athletes should attend more than 2 practices per week.
- White group athletes are required to participate in meets

### **Age Group Red:**

The Red group maintains an emphasis on stroke technique while incorporating more aerobic endurance, dryland exercises and racing skills. Red group swimmers must show competency in all of the above skills as well as demonstrate a respectful and positive attitude at practices and swim meets to all team members. We encourage and teach a lifelong love and appreciation of the sport as we introduce this group to more rigorous training. This group refines and builds upon the four strokes with more advanced skills and efficiency techniques. The focus of this group is to prepare/train/race the 200 IM and 500 FR. There is a strong emphasis on stroke mechanics and refining competition skills with the addition of interval training and conditioning. Intermediate dryland routines are incorporated 2-3 times a week for 20-30 minutes to increase coordination and strength. Members of the Red group are beginning to turn their focus toward high performance swimming. Mastering the pace clock, aerobic kicking and high intensity race training are all focal points of the progression these swimmers will follow, as it prepares them for their following years in the program including progressing to the Senior side of the Fleet program.

- Red group athletes may participate in Summer League in addition to their Club team commitments.
- The recommended age for the Red group is 9-12 years old.
- Red group practices are offered 6 times per week, 1 hour and 45 minutes each.

- Red group dryland is offered three times per week
- Red group athletes should attend more than 3 practices per week.
- Red group athletes are required to participate in meets

### **Age Group Black:**

The Black group is the most advanced level of the Fleet age group program and is tailored for swimmers who have dedicated themselves to the sport of swimming, and are capable of consistently performing difficult training sets in practice, and working towards becoming TAGS qualifiers and finalists. Swimmers can expect to be challenged on aerobic and anaerobic levels while embracing cutting edge and creative training techniques and drills, both in and out of the pool all season long. The main focus of this group is to prepare/train/race the 200 IM and 500 FR. Intermediate to advanced dryland routines are incorporated 2-3 times a week for 30 minutes to increase coordination and strength. The swimmers are challenged physically and mentally, all the while maintaining positive associations with training and competition. Swimmers in the Black group are goal-oriented and learn to be accountable for their swimming. They learn the importance of training smart as well as training hard, taking acquired skills and applying advanced concepts to them. The group is designed to give swimmers the necessary skill set and physical capacity to handle the next step in their progression in the Senior side of the Fleet program.

- Black group athletes may participate in Summer League in addition to their Club team commitments.
- The recommended age for this group is 10-12 years old.
- Off-Campus PE is an option in this group with requisite attendance (and highly encouraged if your athlete is eligible at their school)
- Black group practices are offered 6 times per week, 2 hours each.
- Black group dryland is offered three times per week
- Black group athletes should attend more than 4 practices per week.
- Black group athletes are required to participate in meets

## **Fleet Senior Division**

### **Senior Gold:**

Senior Gold is for swimmers who are emerging from the age group program who desire to pursue other interests while maintaining a competitive edge. The focus will be on competition at the area and state level. Athletes are encouraged to attend all practices. Swimmers will be offered 6 workouts a week. Parents enthusiastically support the direction of this group.

### **Senior White:**

Senior White is for swimmers who are emerging from the age group program and have a passion for training and high performance. This group prepares athletes for the state and regional level competitions. Swimmers have demonstrated a desire to train and compete at their highest level, and the parents support this direction. Swimmers are offered 7 practices a week and the swimmers are encouraged to attend all practices.

### **Senior Red:**

Senior Red is for swimmers coming out of the White and Gold groups who are continuing to develop a passion for training and high performance. This group prepares athletes for the state, regional, and national level competitions. Practices will be run very closely with the Black group a few times a week. Attendance at practice and swim meets are seen as opportunities and not obstacles. Club swimming is the priority in the swimmer's career. Pushing yourself and being uncomfortable is FUN! Swimmers are offered 8 workouts a week and should attend all practices.

### **Senior Black:**

Senior Black is a high achieving training group where training and high-performance racing is the passion in their life. Vacations are taken within the confines of the meet schedule and practices and the swimmers and parents enthusiastically support this. The goal is to prepare athletes for their highest potential to include national and international levels of competition. Club swimming is the priority in the swimmer's career. Admittance to this group will be based on, but not limited to attendance, trainability, passion for training, and willingness to change. Practices are offered 8 to 10 times a week based on swimmer's needs. The swimmers and parents are excited about the opportunity to have the additional training time and pursue the opportunity with enthusiasm and full support of the Head Coach. Pushing yourself and being uncomfortable is FUN and normal! The National Team will be included within this awesome training group. They will achieve and maintain a minimum of 1 Winter Junior National standard.

### **Placement**

Placement will be at the sole discretion of the coaching staff. Placement will be based on the swimmer's trainability, attendance, and level of family support based on group description. Fleet will never hold athletes back if they are prepared for the rigors of the next group, and the family is supportive of the additional support and enthusiasm for training that is needed. The need for movement will be demonstrated over a consistent period of time before being transitioned.

There is no moving up or moving down. Swimmers will be moved to groups that closely align with the swimmers' and families' desires to train, race and commit. Parents are supportive of their swimmer's placement and seek to enthusiastically support Fleet and the coaching staff in their decisions.