**Competitive Team Group Descriptions for 2017-2018 Season**

**Senior Program**

**Senior Elite-**

* Ages 13 and up
* Proven attendance record of missing no more than 3 practices per month
* Swimmers range from Sectional level to Olympic Trials
* Swimmers in this group are focused on competing at the National and International level and display the commitment necessary for reaching this level
* Comfortable making freestyle sets on 1:10 base, IM sets on 1:20 base, and kick sets on 1:35 base
* Attends 1 full meet a month/Attends highest level championship meet/completes IMX events each season
* Has made FCST swimming the highest priority extracurricular activity
* Commit to 5 volunteer hours to the team

**Senior 2-**

* Ages 13 and up
* Swimmers at the TAGS to Junior National level
* Attendance record of 80% per month
* Comfortable making freestyle sets on 1:15 base, IM sets on 1:25 base, kick sets on 1:45 base
* Attends 1 full meet a month/ Attends highest level championship meet/completes IMX events each season
* Goal of meeting ideals of Senior Elite and becoming a future leader of the team

**Senior 1-**

* Ages 13 and up
* Swimmers must have competitive swimming experience and should be looking to compete at the highest level possible
* Swimmers should strive for an attendance record of 70% per month. The group does offer modifications to attendance for swimmers competing in high school swimming
* Attends 1 full meet a month/ Attends highest level championship meet/completes IMX events each season

**Age Group Program**

**Pre-Senior 3-**

* Ages 13-15
* The expectation is a minimum of 7 practices per week
* The expectation is swimmers can train freestyle sets on 1:15 base, IM sets on 1:25 base, and kick sets on 1:45 base
* Attends 1 full meet a month/Attends highest level championship meet/completes IMX events each season

**Pre-Senior 2-**

* Ages 12-15
* The expectation is a minimum of 5 practices per week
* The expectation is swimmers can train freestyle sets on 1:20 base, IM sets on 1:30 base, and kick sets on 1:55 base
* Attends 1 full meet a month/Attends highest level championship meet/completes IMX events each season

**Pre-Senior 1-**

* Ages 12-18
* The expectation is a minimum of 3 practices per week
* The expectation is swimmers can train freestyle sets on 1:40 base, IM sets on 1:55, and kick sets on 2:20 base
* The expectation is swimmers will attend 1 full swim meet a month/Attend highest level championship meet/Complete IMX events each season
* 12 year old swimmers will be allowed in the group at the discretion of the coaching staff

**Age Group 3-**

* Ages 11-13
* The expectation is a minimum of 5 practices per week
* The expectation is swimmers can train freestyle sets on 1:20 base, IM sets on 1:30 base, and kick sets on 1:55 base
* The expectation is swimmers will attend 1 full swim meet a month/Attend highest level championship meet/Complete IMX events each season

**Age Group 2-**

* Ages 11-12
* The expectation is a minimum of 4 practices per week
* The expectation is swimmers can train freestyle sets on 1:30 base, IM sets on 1:40 base, kick sets on 2:00 base
* The expectation is swimmers will attend 1 full swim meet a month/Attend highest level championship meet/Complete IMX events each season

**Age Group 1-**

* Ages 9-11
* The expectation is a minimum of 3 practices per week
* The expectation is swimmers can train freestyle sets on 1:40 base, IM sets on 1:55 base, kick sets on 2:10 base
* The expectation is swimmers will attend 1 full swim meet a month/Attend highest level championship meet/Complete IMX events each season

**Developmental Program**

**Blue 2-**

* Ages 10-12
* The expectation is a minimum of 3 practices per week
* Swimmers should be legal in all 4 competitive strokes, with a continued focus on skill development and an introduction to aerobic training
* The expectation is swimmers will attend 1 swim meet a month/Attend highest level championship meet/Complete IMR events each season

**Blue 1-**

* Ages 7-10
* The expectation is a minimum of 3 practices per week
* Swimmers should be legal in all 4 competitive strokes, with a focus on skill development
* The expectation is swimmers will attend 1 swim meet a month/ Attend the highest level championship meet/Complete IMR events each season
* 10 year old swimmers will be allowed in the group at the discretion of the coaching staff

**Red Group-**

* Ages 6-10
* The expectation is a minimum of 2 practices per week
* Swimmers should be proficient in Freestyle and Backstroke
* Swimmers should be legal in a 3rd stroke and have a strong concept of the 4th competitive stroke
* The expectation is swimmers will attend 1 swim meet a month

**White Group-**

* Ages 5-9
* The expectation is a minimum of 2 practices per week
* Swimmers should be proficient in Freestyle and Backstroke
* Swimmers should have a concept of Breaststroke and Butterfly
* The expectation is swimmers will attend 1 swim meet a month