

STINGRAYS SWIMMING offers training and practice groups for swimmers of all ages and ability levels. **STINGRAYS** have among their goals to offer age-appropriate training for all our athletes directed towards challenging each individual, growing in team unity and developing each of our RAYS to be the very best he/she can be. *Training For Life* is the STINGRAY'S motto and this governs our operating philosophy and team structure.

Please call us at (770) 325-7292, ext. 2 to schedule a tryout, or [Click Here](#) to send us an email request for more information.

GROUP DESCRIPTIONS

LAPS Division

LAPS, which stands for *Learn Achieve Play Swim* is our state-of-the-art program that addresses the needs of our youngest and newest-to-the-sport swimmers. (Click the **LAPS** link to go to the LAPS page and/or schedule an evaluation.) Our **LAPS** swimmers generally come out of local Summer League teams or swim lessons.

The main emphases of **LAPS**: Learn all 4 strokes, have fun in a challenging environment and prepare the 10-year-olds and older for the AGE GROUP program.

LAPS is divided into 2 groups: Elementary School (6-10-year-olds. 45-minute swim/30-minute dryland) and Middle School. (10-14-year-olds. 60-minute swim/ 30-minute dryland)

To qualify for the **LAPS** groups, a swimmer must be able to swim 25 yards of Freestyle (side breathing, non-stop, non-assisted) and 25 yards of Backstroke (Straight arm recovery, non-stop, non-assisted). Because many of our **LAPS** swimmers come in with more than just those two strokes, practices are broken into 3 groups:

RED: Usually are the youngest and most beginner who can only do Freestyle and Backstroke competently. (Recommend 2 days per week)

WHITE: Usually a year or two older than the RED group and they can do either Breaststroke and/or Butterfly in addition to Freestyle and Backstroke. (Recommend 2-3 days per week)

BLUE: Usually our oldest in the group and they can do all 4 strokes or are very close in either Breaststroke or Butterfly. (Recommend 3 days per week) *Blue is the group prior to joining the AGE GROUP program. See below.

NOTES:

1. Promotions within **LAPS** (e.g., From Red to White) groups are done by the coaches and are not automatic.
2. Each week has a plan. The swimmers will see all 4 strokes each session, along with dives and turns.
3. Meets are not mandatory. Many **LAPS** swimmers will do meets, and many others will not. This is acceptable at this stage of development. Your coach can help you in choosing which meets are best.
4. Please read below about the AGE GROUP program to see the next stage of progression.

5. Ages are not absolute. (e.g. An older 9-year-old may still be promoted to the AGE GROUP program before turning 10)

AGE GROUP Division – Coach Mark Keaveney

The **AGE GROUP** program is the first designated year-round group of Stingrays Swimming. These swimmers frequently come out of our **LAPS** program, area Summer League teams and sometimes swim lessons.

To qualify for the **AGE GROUP** program, a swimmer must be 10 -14 years old*, be able to swim 25 yards of each stroke and be willing to swim at least 3 days per week.

The main emphases of **AGE GROUP**: Improve and strengthen all 4 strokes, increase endurance, increase adaptability through dryland, develop competitive experience in swim meets, grow in team unity and personal character, and prepare for the **YOUTH** or **SENIOR** programs.

AGE GROUP is also divided up into 3 groups. But, unlike **LAPS**, these groups are billing/commitment levels.

RED: May swim only 3 times per week. This group will frequently be our younger 9-10s and first-year swimmers. It also captures multi-sport athletes who cannot wish to swim more than 3 days per week.

WHITE: May swim up to 4 times per week. This group has made a firm commitment to our team and is generally our older 10-year-olds to 12-year-olds. They are frequently, but not necessarily, a second-year swimmer.

BLUE: May swim up to 5 times per week. These are the Stingrays who are progressing towards the **YOUTH** program. They are generally older 11-year-olds to 14-year-olds.

NOTES:

1. Since **RED**, **WHITE** and **BLUE** are not ability designations, all the kids practice together.
2. We recognize that not all first-year swimmers are able to commit to a full short course season. Please see our billing options that address this.
3. Meets are not mandatory but are strongly encouraged. Progress rarely comes without a competitive driver such as meets. Your coach can help you in choosing which meets are best.
4. Please read below about the **YOUTH** program to see the next stage of progression.
5. Ages are not absolute. (e.g., We frequently have High School Frosh in the group who start the year as 14-year-olds but end it as 15.)

Ability group assignments are at the coach's discretion. Swimmers may not change or practice with more advanced ability groups without prior coach approval.

SENIOR Division – Coach Pike Hightower

YOUTH

The YOUTH group is for swimmers ages 12-15. Physical and technical skills will be taught to help the athlete develop and start the preparation for the Senior or Futures programs. Although it is unusual, athletes in this group may participate in other activities with the understanding that a certain level of commitment is still required to develop their skills and remain in the group. Youth swimmers compete in all our home swim meets and their highest championship competition.

Practice expectations include:

- Competing in all four competitive strokes, starts, turns, underwater kicking, mastery of balance techniques, group, and individual goal setting, and race strategies
- Six-Eight workouts per week, including morning drylands
- The minimum expected attendance of 70%
- Attend all workouts for optimal results and skill retention

SENIOR

The SENIOR group is for swimmers ages 14-18. Physical and technical skills continue to be taught and trained in preparation for the Futures/National groups or for swimming beyond the High School years. Athletes in this group are developing from “learning to swim” to “learning to train”. We do expect a wide range of physical, mental, and motivational levels in this group and will coach according to the individual needs of everyone. Although it is unusual, athletes in this group may participate in other activities with the understanding that a certain level of commitment is still required to develop their skills. Senior swimmers compete in all our home swim meets and their highest championship competition.

Practices include:

- Competing in all four competitive strokes, starts, turns, underwater kicking, mastery of balance techniques, group, and individual goal setting, and race strategies
- Six-Eight workouts per week, including morning drylands
- The minimum expected attendance of 70%
- Attend all workouts for optimal results and skill retention

NATIONAL Division – Coach Ian Goss

FUTURES

The FUTURES group is for swimmers generally ages 15 years and older who are invited into the group by their coach's discretion and meet these standards:

- Preceding 12 months Attendance level of over 80% in swim workouts and 80% in dryland workouts in prior group
- GA Swimming 3 Summer Senior State LC Time Standards 100 yards/meters or longer

This group is expected to be a cohesive training group that works together to assist the most dedicated and motivated swimmers to reach their individual goals and begin to expand those goals. Practice goals are geared toward achieving, USA Future times and beyond. Swimmers will exhibit leadership skills in and out of the pool and represent the Stingrays to the best of their ability. Swimmers will challenge themselves in workout and need to demonstrate an ability to balance activities and school with swimming.

Futures swimmers compete in all of our home swim meets and their highest championship competition. Additional competitions are strongly encouraged and will be used to help gauge future placement.

Practices include:

- Six-Eight workouts per week
- 100% attendance is expected but swimmers **must maintain over 80% in swim workouts and 80% in dryland workouts**
- Attend all practices for optimal results and skill retention

NATIONAL

NATIONAL swimmers are generally ages 15 years and older who are invited into the group by their coach's discretion and/or meet these standards:

- 12 months Attendance level of over 85% in prior group
- USA Swimming Futures Time Standard

This group will be a cohesive training group that works together to assist the most dedicated and motivated swimmers to reach their individual goals and begin to expand those goals. Workout goals are geared toward achieving USA Junior National times and beyond. Athletes will have clearly defined goals, high aspirations, good time management skills and a willingness to pursue their dreams and goals. NATIONAL swimmers participate in of our home swim meets and their highest championship competition.

Practices include:

- Up to Nine workouts per week
- 100% attendance is expected but swimmers **must maintain over 85% in swim workouts and 85% in dryland workouts**