

Developmental

These training groups are the entry point of our progressive age group levels. There is a large emphasis on proper stroke technique, as well as healthy dosage of kicking. This swimmer should demonstrate the ability to swim multiple lengths of the pool unassisted. This swimmer is able to swim freestyle (with rotary/side breathing and backstroke (with proper head and body positioning)). There should also be an introduction to the concepts of both breaststroke and butterfly. The goal for this level is to provide the swimmer with increased swimming exposure and confidence. Practice for this level will focus on refining freestyle and backstroke techniques as well as continuing to develop the advanced disciplines of breaststroke & butterfly.

Ages 6-10 years for Bronze and 11-14 for Silver

Bronze

This level focuses on the basic fundamentals of all four competitive strokes. Practice for this level is focused on the refining technique of all four swimming disciplines with an emphasis on: kicking, stroke drills, rotary breathing, starts, proper body position, and streamlining. Basic interval training will be introduced. Athletes will compete in local Georgia Swimming events, as well as SCAT hosted events. Swimmers in this level are generally

Ages 8-10 years

Silver

This is a transitional group where swimmers move from primarily emphasizing stroke instruction to valuing competitive training. For the swimmer wanting to increase swimming ability and stay in shape. This training group focuses on stroke refinement, endurance training, starts and flip-turns. This level reinforces the fundamentals of all four competitive strokes and builds on swimming techniques with increased cardiovascular conditioning.

Ages 11-14 years

Gold

This training group is for committed and motivated young swimmers and emphasizes serious training in preparation for elite levels of swimming. The group will focus on stroke refinement, aerobic training, and strength building.

Ages 12-14 years

Senior

This training group provides an opportunity for high school swimmers to develop and improve skills and fitness levels necessary to train and compete. The opportunity to progress to higher groups exists for those swimmers willing to put in the necessary time and commitment.

Ages 14-18 years

National Development

This training group is designed for high school swimmers who are experienced and proficient, qualify for the Georgia LSC Championships, USA Swimming Sectionals, and are working towards the Futures Championship level and beyond. Coaching equally emphasizes conditioning and fundamentals offering the determined swimmer an excellent opportunity to improve.

Ages 14-18 years

National

This training group focuses training and competitive efforts at the national level.

Ages 15-18 years

	Monthly Dues	Annual Reg Fee	Practice Schedule	Schedule
Developmental Bronze	\$ 100	\$ 150.00	45 Min 2 x week	3:15 - 4:00 pm Mon & Wed OR Tue & Thu
Developmental Silver	\$ 115	\$ 150.00	60 Min 2 x week	4:00 - 5:00 pm Mon & Wed OR Tue & Thu
Bronze	\$ 170	\$ 275.00	45 Min	3:15 - 4:00 pm Mon-Thur
Silver	\$ 190	\$ 275.00	60 Min	4:00 - 5:00 pm Mon-Thur
Gold	\$ 270	\$ 275.00	90 Min	4:00 - 5:30 pm Mon - Thur
Senior	\$ 270	\$ 275.00	90 Min	5:30 - 7:00 pm Mon - Thur Sat 9:30 - 11:30am
National Development	\$ 380	\$ 275.00	120 Min	5:00 - 7:00 pm Mon - Thur Sat 7:00 - 9:30am
National	\$ 400	\$ 275.00	120 Min	5:00 - 7:00 pm Mon - Thur Fri 4:30 - 6:30pm; Sat 7:00 - 9:30am