

PROGRAM GROUPS

One of the things we at the Magnolia Aquatic Club (MAC) feel strongly about, is how the team is structured and making sure student athletes are in group's that best fit their abilities, goals and needs. We know not all kids are at the same place physically, socially or emotionally with their swimming. We do our best to find the right fit for all swimmers. As swimmers progress in the sport we will continually provide them with new challenges and opportunities to be successful. We have groups for every level and no matter what your skill level is, we will find the right fit for you.

GROUP DESCRIPTIONS

National Select:

The National Select Team is the highest competitive program we offer for athletes age 14 and up. This program is tailored for athletes who have dedicated themselves to the sport of competitive swimming and are capable of advanced training. Members of our National Team must have or are trending toward at least one national cut in (USAS Futures, NCSA Juniors, USAS Junior Nationals and above). Consistent practice attendance and meet participation are expected and required for all National Team Members.

Sectional Select:

The Sectional Select Team Student Athletes practice along side with our National Team and consist of high school age athletes who either currently have or are trending toward a Sectional Time Standard. Members of our Sectional Select Team must be able to handle advanced training and consistent practice attendance and meet participation are expected and required.

Senior 1 Team:

The Senior I Team is a program designed for the high school athlete who is looking to improve and advance to our Sectional Select Team, but also for those who are simply looking to complement their H.S. swimming with a quality program they can continue to improve in. Members of our Senior I Team must be able to handle advanced training and regular practice attendance and meet participation are expected and required for all team members.

Senior 2 Team:

The Senior II Team is a program that targets high school age student athletes who are looking for extra help with their swimming and are capable of handling 1 ¼ hour practice session 4 times per week. Within this group we have both competitive and noncompetitive athletes depending upon their individual goals. Emphasis for this group is to help swimmers to improve their stroke techniques and provide a good cardiovascular workout while also providing them the tools to advance to our Senior 1 Team.

Age Group Select:

The Age Group Select Team consists of our top 11-14 year old swimmers who either have or are trending towards a State Qualifying Times (TAGS Times) or higher. This group of athletes must be willing and able to perform advance training requirements and regular practice and meet attendance is expected and required.

Junior Team 1:

The Junior 1 Team is a program that consist primarily of Magnolia I.S.D. junior high students who are wanting to be more involved in competitive swimming. Athletes in this group work towards improving stroke technique, cardiovascular conditioning and improving overall fitness.

Junior Team 2:

The Junior 2 Team is a developmental program designed for student athletes ages 11-14 and who are new to the sport. The goal is provide athletes the opportunity to learn new skills, improve stroke technique while becoming more physically fit.

Age Group 1 and 2:

The Age Group 1 & 2 Teams are an advanced competitive program for athletes of the age of 12 & under. This program is tailored for athletes who have decided that competitive swimming is the sport at which they wish to excel in. The Age Group1 & 2 Teams specifically targets athletes who have a working knowledge of training, are able to use more advanced training equipment, are capable of setting defined goals and are continuing to improve their technique in all four strokes. Regular practice and meet participation is required.

Gold Team:

The Gold Team is the top level of our developmental program consisting of athletes ages 6-10. This program is tailored for those who have a working knowledge of all 4 competitive strokes and understand some basic principles of training. The Gold Team wants it's student athletes to participate in competition swim meets and can perform more complex training sets during practice. Regular practice and meet participation is required.

Silver Team:

The Silver Team is the 2nd tier of our developmental program for athletes ages 6-10. This program is tailored for athletes who understand the concept of 3 out of the four competitive strokes and are proficient in two. Swimmers may have either participated in summer league, or are preparing for the summer league season. These athletes want to continue their progress with more advanced stroke enhancement and skill development. The Silver Team specifically targets young athletes who are both new to USA Swimming and/or returning to USA Swimming who want a fun avenue to enhance their swimming skills.

Bronze Team:

The Bronze Team is the 1st tier of our developmental program for athletes ages 5 and up. This program is tailored for athletes who are "legal" (can perform the strokes correctly) in both Freestyle and Backstroke. These athletes want to continue their progress with more advanced stroke enhancement and skill development. The Bronze Team specifically targets young athletes who are new to a USA Swimming program and want a fun avenue to enhance their abilities.