

MAGNOLIA

AQUATIC CLUB

2019-2020 Training Groups

Group	Entry Standards	Age	Practices	Dryland Exercises: Volt	Commitment Level
National Select: Working towards "A Finals" at Jr. National & Senior Nationals Standards	1 or more "Futures Times" or 20x100FR @ 1:10 FR, 12x50 FR & BK kick @ :45 or BR & FL @ :50, daily attendance or coach selection	14 & older	9 practices per week	Advanced dryland focused on building strength and power through advanced movements and exercises.	Total Commitment is expected.
Sectional Select: Working towards making " B Finals" at Sectionals & Jr. National Standards	2 or more "Sectional Times" or 15x100's FR @ 1:20, 12x50's FR or BK kick @ :50, daily attendance or coach selection	14 & older	9 practices per week	Advanced dryland focused on building strength and power through advanced movements and exercises.	High. Outside activities strongly discouraged
Senior 1: Introduces swimmers to senior swim training and race strategies	10x100's FR @ 1:30, 8x50 FR or BK kick @ :60, regular attendance. Implement constructive feedback from the coach to improve skills.	13 & older	5 practices offered per week	Intermediate dryland training focused on developing and progressing strength, stability, and power.	Moderate. Outside activities allowed
Senior 2: Introduces swimmers to senior swim training and race strategies	8x100's FR @ 1:40, 6x50 FR or BK kick @ 1:05, regular attendance. Accept constructive feedback from the coach to improve skills.	13 & older	4 practices offered per week	Intermediate dryland training focused on developing and progressing strength, stability, and power.	Flexible. Outside activities allowed
Age Group Select: Working towards "A Finals" TAGS & Sectionals Standards	3 or more "AA Times" or 10x100's FR @ 1:20, 12x50's FR & BK kick @ :50, daily attendance or coach selection.	11 to 14 years old	6 practices per week	Dryland training focused on basic movement patterns to improve strength and stability.	High. Outside activities discouraged
Age Group 1: Working towards "Finals" Gulf Champs & TAGS Standards	8x100's FR on 1:35, 12x50's FR & BK kick @ 1:05. Understands the relationship between attendance & success.	8 to 12 years old	6 practices offered per week.	Athletic development of stability, core, and flexibility.	Moderate. Outside activities allowed
Age Group 2: Working towards "A Times"	6x100's FR on 1:50, 10x50's FR & BK kick @ 1:05. Respectful toward teammates & coaches.	8 to 12 years old	6 practices offered per week	Athletic development of stability, core, and flexibility.	Moderate. Outside activities allowed
Age Group 3: Working towards "BB Times"	6x100's FR @ 2:00, 8x50's FR & BK kick @ 1:10. Responsible for equipment.	8 to 12 years old	6 practices offered per week	Athletic development of stability, core, and flexibility.	Moderate. Outside activities allowed
Junior 1: Athlete preparing for high school competition.	Legal in FR & BK	7th & 8th grade, or homeschool	5 practices offered per week	Athletic development of stability, core, and flexibility.	Flexible. Outside activities allowed
Junior 2: Athlete preparing for high school competition.	Legal in FR & BK	11 & over	3 practices offered per week	Athletic development of stability, core, and flexibility.	Flexible. Outside activities allowed
Gold: An advanced group with technique as a focus and introduction to competition	Competent in 4 strokes; Execute summersault, competent in open turns, know how to read a pace clock.	11 & under	5 practices offered per week	Athletic development of stability, core, and flexibility.	Moderate. Outside activities allowed
Silver: Intermediate group emphasizing technique & pre-competition skills	Competent in 3 strokes; Execute racing start, underwater streamline, lane etiquette.	10 & under	3 practices offered per week	Athletic development of stability, core, and flexibility.	Moderate. Outside activities allowed
Bronze: Beginning practice group emphasizing technique & introduces pre-competition	Can swim 25 yards, Unassisted FR or BK	8 & under	3 practices offered per week	Athletic development of stability, core, and flexibility.	Flexible. Outside activities allowed

* Please note all placements are at the coach's discretion.

This is a fluid document, revisions to improve team strength and athlete experience are the right of the coaching staff. (10.21.19)