



2021-2022 Training Groups

Group	Physical Standards	Ages	Practice Requirements	Dryland Exercises	Commitment Level
National Select Team Working towards National Level Competition	20 x 100 FR @ 1:10/1:15 Base Kicking @ :45/:50 Base	13 & older	80% Minimum Attendance Required	Advanced dryland focused on building strength and power through advanced movements and exercises.	Total Other outside activities discouraged
Pre-National Team Working towards making TAGS, Sectional Qualifying Standards and above.	15 x 100's FR @ 1:15/1:20 Base Kicking @ :45/:50/:55 Base	13 & older	70% Minimum Attendance Required	Advanced dryland focused on building strength and power through advanced movements and exercises.	High Conflict with other outside activities
Senior Team Working with high school athletes to help supplement their H.S. Swimming and challenging them appropriately.	10 x 100's FR @ 1:30/1:40 Base Kicking @ :50/:55/:60 Base Capable of Swimming a 200 IM	High School Age & older	A Minimum of 3 Practice Sessions Required Per Week	Intermediate dryland training focused on developing and progressing strength, stability, and power.	Moderate. Possible conflict with other outside activities
13&O Developmental Team An introduction to competitive swimming and provides a balance of skills and physical exercise	Athletes must be able to demonstrate the ability to swim 50 yards (2 lengths) Freestyle and Backstroke	13 & older	Minimum of 2 out of 3 practices sessions encouraged	Moderate dryland training focused on developing and progressing strength, stability, and power.	Flexible No conflict with other outside activities
Age Group Maroon Team Athletes working toward achieving A Times and above.	8 x 100 FR @ 1:40/1:50 Base Kicking @ :60/1:05 Base Capable of swimming a 200 IM	9 & older	Minimum of 5 out of 6 practice sessions encouraged	Athletic development of stability, core, and flexibility	Moderate. Some conflict with outside activities
Age Group White Team Athletes working towards "BB" Times and above.	Legal in all 4 strokes 50s K @ 1:10 50s Fr Sw @ 1:00 50s Stk Sw @ 1:10 25s of ALL strokes @ :40	8 & older	Minimum of 3 out of 5 practice sessions encouraged	Athletic development of stability, core, and flexibility.	Flexible Little conflict with outside activities
Junior Team Athlete preparing for high school competition.	Legal in 3 out of the 4 competitive strokes	7th & 8th grade, or homeschool	5 practices offered per week	Athletic development of stability, core, and flexibility.	Flexible. No conflict with outside activities
Gold Team Our top developmental group emphasizing proper technique and fun in swimming	Competent in 3 out of the 4 competitive strokes, can perform legal turns and a basic understanding of reading a pace clock	8 - 12 years of age	Minimum of 3 out of 4 practices sessions per week encouraged	Athletic development of stability, core, and flexibility.	Flexible. No conflict with outside activities
Silver Team Our intermediate developmental group emphasizing proper technique and fun in swimming	Competent in Free and Back with a basic understanding of Butterfly and Breaststroke Kick	8 - 12 years of age	3 practices offered per week	Athletic development of stability, core, and flexibility.	Flexible. No conflict with outside activities
Bronze Team Our beginning developmental practice group emphasizing proper technique and fun in swimming	Athletes must be able to demonstrate the ability to swim 25 yards (1 length) Freestyle and Backstroke	10 & under	2 practices offered per week	Athletic development of stability, core, and flexibility.	Flexible. No conflict with outside activities

* 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