

# MAGNOLIA

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## AQUATIC CLUB

### PROGRAM

One of the things we at MAC feel strongly about is how the team is structured and making sure student-athletes are in groups 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. At MAC, 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 training groups for every level and no matter what your skill level is, we will find the right fit for you.

### TRYOUTS / EVALUATIONS

We schedule new member tryouts by appointment, on Monday and Wednesday evenings at 7:30pm. Please let us know what day works best for you. Our number is 281-356-1106 ext. 7044 or you can email us from our website [www.magnoliaaquaticclub.com](http://www.magnoliaaquaticclub.com)

### GROUP DESCRIPTIONS

<b>National Select:</b>	Monday, Wednesday, Friday	3:30-6pm
	Tuesday & Thursday	3:30-6:15pm
	Saturday	7:30-10:45am

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 at least one national cut in USAS Futures, NCSA Juniors, USAS Junior Nationals. Daily attendance and meet participation is required for all National Team Members. *Training Gear: water bottle, mesh equipment bag, kickboard, pull buoy, paddles, long fins, short fins, snorkel, nose clip, tempo trainer.*

<b>Sectional Select:</b>	Monday & Friday	3:30-5:45pm
	Tuesday & Thursday	3:30-6pm
	Saturday	7:30-10am
	Sunday	8-10am

The Sectional Select Team Student-Athletes consist of high school age athletes who either currently have at least one Sectional cut, can meet group entry standards, is trending towards Sectional time standards, or is selected by the coaching staff. Members of our Sectional Select Team must be able to handle advanced training. Regular practice attendance and meet participation is required. *Training Gear: water bottle, mesh equipment bag, kickboard, pull buoy, paddles, long fins, short fins, snorkel, nose clip, tempo trainer.*

<b>Senior 1:</b>	Tuesday & Thursday	3:30-5:30pm
	Wednesday & Friday	3:30-5pm
	Saturday	7:30-10am

Senior 1 is for High School age swimmers that provide them the opportunity to be successful while also allowing some flexibility in their schedule. It is also a bridge group for moving swimmers into the Sectional Select Team. The main emphasis for this group is to help athletes improve their stroke technique, core strength, overall athleticism that provides an excellent cardiovascular workout, without a strict practice attendance requirement. Meet participation is required for all team members. *Training Gear: water bottle, mesh equipment bag, kickboard, pull buoy, paddles, long fins, short fins, snorkel, and nose clip.*

<b>Senior 2:</b>	Tuesday to Friday	3:30-5:30pm
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Senior 2 is for High School age swimmers that provide them the opportunity to be successful while also allowing some flexibility in their schedule. It is also a bridge group for moving swimmers into the Senior 1. The main emphasis for this group is to help athletes improve their stroke technique, core strength, overall athleticism that provides an excellent cardiovascular workout, without a strict practice attendance requirement. Meet participation is expected for all team members. *Training Gear: water bottle, mesh equipment bag, kickboard, pull buoy, paddles, long fins, short fins, snorkel, and nose clip.*

<b>Age Group Select:</b>	Monday to Thursday	3:45-5:45pm
	Saturday	8:30-11am
	Sunday	1-3pm

The Age Group Select Team consist of our top 11-14-year-old swimmers who either have or are working towards State Qualifying Times (TAGS Times) or higher. This group of athletes must be willing and able to perform advanced training requirements. Regular practice and meet attendance are expected and required. *Training Gear: water bottle, mesh equipment bag, kickboard, pull buoy, paddles, long fins, short fins, snorkel, nose clip.*

<b>Age Group 1, 2 &amp; 3:</b>	Monday, Wednesday, Friday	6-7:30pm
	Tuesday & Thursday	5:45-7:30pm
	Saturday	10-11:30am (Age Group 2 & 3 only)
	Sunday	1-3pm (Age Group 1 only)

The Age Group 1, 2, & 3 Teams is a progressive, 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 Group 1-2-3 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 are required. *Training Gear: water bottle, mesh equipment bag, kickboard, pull buoy, paddles, long fins, short fins.*

<b>Junior 1:</b>	Monday to Friday	2-3:30pm
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Junior 1 is a program that targets Junior High age student-athletes ages 11-14 who want to be more involved in competitive swimming. This is a strong option for homeschooled swimmers. Athletes in this training group work towards improving stroke technique, cardiovascular conditioning and improving overall fitness. *Training Gear: water bottle, mesh equipment bag, kickboard, pull buoy, paddles, long fins.*

<b>Junior 2:</b>	Monday to Thursday	7:30-8:30pm
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Junior 2 is a program that targets Junior High age student-athletes ages 11-14 who want to be more involved in competitive swimming. Athletes in this training group work towards improving stroke technique, cardiovascular conditioning and improving overall fitness. *Training Gear: water bottle, mesh equipment bag, kickboard, pull buoy, paddles, long fins.*

<b>Junior 3:</b>	Monday to Friday	2-3pm
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Junior 3 is a program that targets Junior High age student-athletes ages 11-14 who want to be more involved in competitive swimming. Athletes in this training group work towards improving stroke technique, cardiovascular conditioning and improving overall fitness.

<b>Gold Team:</b>	Monday & Wednesday	6-7:30pm
	Tuesday & Thursday	6-7:15pm
	Saturday	9:30-11am

The Gold Team is an intermediate level competitive program for athletes ages 6-12. This program is tailored for athletes who have a working knowledge of all 4 competitive strokes and an understanding of how to train. The Gold Team specifically target athletes who have participated in competitive situations and are able to perform more complex training sets during practice. Regular practice and meet participation are required. *Training Gear: water bottle, mesh equipment bag, kickboard, long fins, short fins.*

<b>Silver Team:</b>	Tuesday & Thursday	5:30-6:30pm
	Saturday	10:45-11:45am

The Silver Team is the 2nd tier of our developmental program for athletes ages 6 and up. 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. *Training Gear: mesh gear bag, kickboard, long rubber fins, goggles, swim cap.*

<b>Bronze Team:</b>	Monday & Wednesday	5:30-6:30pm
	Saturday	10:45-11:45am

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) in two strokes (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.

*Training Gear: mesh gear bag, kickboard, long rubber fins, goggles, swim cap.*