



South Shore Sails Group Descriptions

10 & Under Program

Developmental- (*\$60 for TFC Members\\$90 for Non-members*)

Entry level group

Entrance Requirement: Safely swim 25 yards unassisted

Focus is on freestyle & backstroke stroke mechanics, technique, streamlining, lane etiquette (circle swimming), and diving from side

Equipment – fins, kickboard, and a water bottle

Competitive Prep- (*\$70 for TFC Members\100 for Non-members*)

Entry-level / Light Competitive group

Entrance Requirement: A legal 25 of freestyle (with rotary breathing) and backstroke

Focus is on stroke mechanics, technique, developing breaststroke & butterfly, underwater butterfly kicking, racing starts from the blocks, and competitive turns

Advancement to Next Group: Complete a legal 50 of each stroke and 100 IM.

Equipment – Fins, kickboard, and a water bottle

A minimum of two practices per week is expected for proper swimmer growth

White- (*\$75 for TFC Members\ \$110 for Non-members*)

10& Under Competitive group

Entrance Requirement: A legal 50 of all four competitive strokes, a 100 IM, and knowledge of competitive starts and turns

Focus is on stroke mechanics, technique, the IMR / IMX events posted by USA Swimming, and building toward legal 100 of each stroke Basic interval training is taught and light level of dryland activities is incorporated for balance, coordination, and overall athletic development

Advancement to Next Group: Complete a legal 100 of all four strokes and a 200 IM, competitive starts from the starting blocks, and competitive turns.

Equipment – fins, kickboard, and a water bottle A minimum of three practices per week is expected for proper swimmer growth

Blue- (*\$95 for TFC Members\ \$135 for Non-members*)

10&Under Elite Group

Entrance Requirement: A legal 100 of all four competitive strokes, 200 IM, competitive starts and turns, and Head Age Group Coach approval.

Focus is on stroke mechanics, technique, the USA Swimming IMR / IMX events, completing all age available events, and a legal 200 of all four competitive strokes Middle distance training introduced and average training yardage per practice is about 2500 – 3500 yards Double practices are introduced (optional) during summer and winter times Moderate level of dryland training is incorporated for general strength building, flexibility, balance, coordination, and overall athletic development

Goal meets of Gulf Champs and/or TAGS

Advancement to Next Group: Age up into age group program

Equipment – fins, kickboard, and water bottle

Monthly attendance expectation of 80% for proper swimmer growth FULL meet participation is expected (with emphasis on all Champs level meets)

Age Group Program (11-14 years old)

Bronze- (*\$95 for TFC Members\ \$135 for Non-members*)

Basic Training and Goal Setting Competitive group

Entrance Requirement: A legal 50 of all four competitive strokes, a 100 IM, and knowledge of competitive starts and turns .

Goal meets of Fall Champs & Spring Champs

Advancement to Next Group: Complete a legal 100 of all four strokes and a 200 IM, racing starts from the blocks, competitive turns,

Equipment – fins, kickboard, and water bottle

Silver- (*\$110 for TFC Members\ \$150 for Non-members*)

Advanced Training and Goal Setting Competitive group

Entrance Requirement: A legal 100 of all four competitive strokes, 200 IM, and a 200 free
Focus is on stroke mechanics, technique, the USA Swimming IMX events, and completing all age available events multiple times per season

High level of training, work ethic, and maturity; average training yardage of 3500-5000 per practice and distance swimming is introduced Hard drylands are integrated into training for general strength building, flexibility, balance, coordination, and overall athletic development.

Goal meets are Fall/Spring Champs & Gulf Age Group Champs.

Advancement to Next Group: Consistent practice attendance and ability to train at a high level, completion of all age group events in competition , and Head Age Group Coach approval.

Equipment – fins, kickboard, paddles, and a water bottle

Monthly attendance recommendation of 75% for proper swimmer growth and development

FULL meet participation is expected (with emphasis on all Champs level meets)

Gold- (*\$125for TFC Members\ \$175 for Non-members*)

South Shore Sails' Elite Age Group Training and Goal Setting Competitive group

Entrance Requirement: Head Age Group Coach approval and current coach recommendation, present group attendance, meet participation and total event completion, strong training/work ethic, and internal SWIMMER-driven motivation.

Focus is on stroke mechanics, technique, the USA Swimming IMX events, and completing all age available events multiple times per season; double practices and Saturday workouts are expected (with respect to age) Heavy drylands are integrated into training for general strength building, flexibility, balance, coordination, and overall athletic development

Prep group for the Pre-National Elite group

Focus meets are Gulf Champs, TAGS, Sectionals, or Junior Nationals

NO summer league participation AFTER the summer between their 6th and 7th grade year

Advancement to Next Group: Graduation from 8th grade

Equipment – fins, kickboard, snorkel, paddles, and a water bottle

Monthly attendance expectation of 80% for proper swimmer growth and development FULL meet and team participation are expected (with emphasis on all Champs level meets)

Senior Program

Senior- (*\$125 for TFC Members\ \$175 for Non-members*)

Base Level Senior (high school) group

Swimmers may only move into this group AFTER their 8th grade year

Entrance Requirement: A legal 100 of all four competitive strokes, 200IM, and a 500 free High level of training, work ethic, and maturity; average training yardage of 4500 – 6000 per practice Goal meets are Gulf Champs and/or Sectionals.

Focus is on stroke mechanics, technique, the USA Swimming IMX events, and completing all age available events multiple times per season Double practices and Saturday workouts are strongly encouraged when offered Heavy drylands are integrated into training for general strength building, fitness, and flexibility

Advancement to Next Group: Demonstrate consistent practice attendance, meet performance, and display internal SWIMMER-driven motivation. Head Coach approval and current coach recommendation required.

Equipment – fins, kickboard, paddles, snorkel, pull buoy, and a water bottle

Monthly attendance expectation of 80% FULL meet participation is expected (with emphasis on all Champs level meets)

Pre-National- (*\$150 for TFC Members\ \$200 for Non-members*)

Senior Elite Training and Performance group

Entrance Requirement: Based on Head Coach approval, current coach recommendation, current group attendance, test set performance, work ethic, and internal SWIMMER-driven motivation and personal responsibility.

Swimmers may only move into this group AFTER their 8th grade year

NO summer league participation the summer BEFORE entering group and thereafter

All age available events are swum multiple times throughout season

Focus meets of Sectionals and/or Junior Nationals

Members are expected to be at all team functions. Training, nutrition, recovery, and team responsibility are the athlete's primary focus.

Advancement to Next Group: Junior National Bonus Cuts

Equipment – fins, kickboard, paddles, pull buoy, snorkel, tempo trainer, and a water bottle

Monthly attendance requirement of at least 90% FULL meet and team participation are expected (with emphasis on all Champs level meets)

National Elite- (*\$150 for TFC Members\ \$200 for Non-members*)

The Premier Training and Performance group of South Shore Sails

Entrance Requirement: Athlete must have Head Coach approval, Junior National bonus cuts, and display intense, internal SWIMMER-driven motivation and personal responsibility.

Swimmers may move into this group if they meet the current performance times AND exceed training expectations of their current group (typically this is after the short course season of their 9th grade year.)

Focus on making Junior National, Senior National and Olympic Trials qualifications

Members are expected to be the leaders of the team in every aspect and attend all team functions. Training, nutrition, recovery, and team responsibility are the athlete's primary focus.

Equipment – fins, kickboard, paddles, pull buoy, snorkel, tempo trainer, and a water bottle

Monthly attendance requirement of at least 90% FULL meet and team participation are expected (with emphasis on all national level Championship meets)