



TEAM SKILLS GRIT FUN

Team Goals for 2020 scy season:

- 1. 13 & Over IMX score of 2000, 12 & Unders IMX score of 1500**
- 2. All swimmers participate in 2 or more meets**
- 3. Set high expectations for our swimmers and create an environment where they can flourish.**

- ★ **Discovery Pre Team:** Focuses on stroke skills for Free, back, and breaststroke. They work on fly fundamentals and turns for all strokes. Swimmers in this group are registered under the USA-Swimming FLEX membership and are eligible to compete in TWO Gulf sanctioned meets.
 - **Group goals:** 3 stroke legal for all swimmers, all attend 2 meets
 - **Move up criteria:** 3 stroke legal
- ★ **Discovery Advance:** Focuses on stroke skills for all four strokes and starts/turns for all strokes. This is the 1st level of the competitive team. Swimmers are encouraged to attend meets and will need to commit to attend.
 - **Group goals:** 4 stroke legal, striving for an IMR score, attend 4 meets incl champs meet
 - **Move up criteria:** 4 stroke legal, meet attendance
 - **Test sets:** 4x 50 fr @ 1:30, 4x 50 fr k @ 1:30, 100 IM legal
- ★ **Exploratory:** Focuses on all strokes and improving their skills in practice and meets. This group works to obtain IMR scores in their respective events. All swimmers in this group will be entered into all qualifying meets unless declined on the website.
 - **Group goals:** IMR score for all swimmers, the goal of 1000.

- **Move up criteria:** 4 stroke legal, meet attendance
 - **Test sets:** 5x50 fr @ 1:10, 5x50 fr k @ 1:10, 3x 100 IM 2:15
- ★ **Exploratory Advance:** Focuses on maintaining stroke technique and proficiency for longer events/distances and strong back half racing. This group works to obtain IMX scores in their respective events.
- **Meets:** Swimmers in this group will be entered into all qualifying meets unless declined on the website. Swimmers will also have the December, February, and July champ meet fees. Accounts will be charged a non-refundable \$40 fee in November, January, and June to apply toward Championship meet fees. The balance of meet fees will either be charged or credited to your account at the time of the meet. If your swimmer opts out of the meet or does not attend their qualifying Championship meet, your account will still be charged the \$40 Championship pre-fee in addition to any other incurred meet entry fees
 - **Group Goals:** IMX/IMR score of over 1500, Age Group champs qualifiers
 - **Move up criteria:** IMX score 1,000, meet attendance
 - **Test sets:** 8x 100 fr @ 1:40, 6 x 50 k @ 1:00, 5x 100 IM @ 1:50
- ★ **Challenge:** This is the top age group, training group. The swimmers are starting to focus more on swimming than other activities. Swimmers must attend a minimum of 4-6 practices a week (more in summer) and participate in dryland sessions. Swimmers are expected to compete in one full competition each month, achieve IMR status, strive to compete in all IMX events each season.
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 - **Group Goals:** IMX/IMR score 2,000+, Age Group Champs qualifiers
 - **Move up criteria:** practice attitude, effort, consistency every day

- **Test sets:** be able to maintain the following training speeds: 100s free @ 1:20, 100s IM @ 1:40, 50s kick @ :50
- ★ **Pre Senior:** Swimmers are encouraged to attend at least 3 practices a week. • Swimmers are recommended to compete in one full competition each month, achieve IMR status, and strive to compete in all IMX events each season.
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 - **Group Goals:** enable swimmers to continue reaching their personal goals both in & out of the pool. IMX/IMR score 1500+
 - **Move up criteria:** 11-13 yr old swimmers may move into the Challenge group if that is appropriate.
 - Senior group movers will be invited to move up when they hold the training speeds.
- ★ **Senior:** Swimmers must attend a minimum of 5 practices a week. Double practices will be held throughout the year and swimmers will be assigned doubles based on age & individual training needs. Swimmers are required to compete in one full competition each month. Swimmers will compete in all IMX events each season
 - **Meets:** Swimmers in this group will be entered into all qualifying meets unless declined on the website. Swimmers will also have the December, February, and July champ meet fees. Accounts will be charged a non-refundable \$40 fee in November, January, and June to apply toward Championship meet fees. The balance of meet fees will either be charged or credited to your account at the time of the meet. If your swimmer opts out of the meet or does not attend their qualifying Championship meet, your account will still be charged the \$40 Championship pre-fee in addition to any other incurred meet entry fees.

- **Group Goals:** All swimmers with 3 or more A times, placing top 16 at Age Group Champs, 75% of the group qualified for Souther Sr Zones or higher meet
 - **Move up criteria:** swimmers will be invited to move to Senior Perf based on daily practice attitude, effort, consistency and meet results.
 - **Test sets:** 6x 300 fr @ :20, 6x 75 k @ 1:30 best average, monthly Animal points set (10x 100 @ 4:00+)
- ★ **Senior Performance:** Training Group is for our most committed qualified growth-minded swimmers. These swimmers have made swimming their highest extracurricular priority and our(are?) focused on USA Sectional, Jr. Nationals and above for competition. It is for swimmers ages 13 & Older.
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 - Exhibit enthusiastic energy and effort in all that you do. “Challenge the Moment”
 - Demonstrate leadership skills and traits by giving back/helping others. C.A.R.E.
 - Have consistent training attendance 85% or better.
 - **Test sets:** Will vary but the expectations is show improvement within 3+ months training cycles. Know rate & stroke count goal.
 1. 12 (+/- reps) x 50 stroke @ 2:00 to 1:10 at 2nd 50 of Goal 100 or better.
 2. 9 x 300 @ :15 to :30 RI 3 Aerobic(ICS), 3 Threshold, 3 MOV2 on approx. :30 RI and holding middle of 500 or 400 IM.
Kick sets
 - 5.Speed 6 x 50 specialty/free @ 2:00 with rec. 50 drill/sm in between. Expect 1+ or more sec. Improvement.

6. Endurance - 10 x 100 @ :10 RI dolp/bk, or 50 dolp/bk + 50 Breast.

7. Dry - expect to see improvement in all areas of Dry-lands (ex. squats, DB rows, pull-ups)