

Swim Groups

Senior Group

Focus: Performance and competing amongst the nation.

Target Meets: Zones, Senior Sectionals, Junior Nationals, Senior Nationals.

Members: Attendance is required 95% of all practices held, unless otherwise agreed upon with the coach. Swimmer must also attend the majority of team activities, demonstrate leadership and good character in the water as well as on the pool deck. They must display a positive attitude toward the team and the sport. Swimmer must be at least 13 years old and achieved at least a Zone time in 1 event.

Age Group Senior Group

Focus: Performance and competing amongst the state.

Target Meets: State Championships, Age Group Sectionals, Zones.

Members: Attendance is required 90% of all practices held, unless otherwise agreed upon with the coach. Swimmer must also attend the majority of team activities, demonstrate leadership qualities amongst the younger swimmers and display a positive attitude toward the team and the sport. Swimmer must be at least 12 years in age and achieved a 13/14 state qualifying time.

Intermediates 1

Focus: Continued focus on stroke efficiency, strength building and fostering a sense of character and ethics.

Target Meets: Invitationals, State Championships, Age Group Sectionals, Zones (11 and under).

Members: Attendance is required at least 4 times a week, unless otherwise agreed upon with the coach. Swimmer must be at least 10 years of age and achieved a 11/12 qualifying time.

Intermediates 2

Focus: Stroke efficiency, body position, transitions, proper kicking, building endurance and some strength building.

Competition target: Compete in A+ meets, Invitationals, State Championships.

Members: Attendance is recommended 4 times a week to see progression; swimmers must be able to swim 4 strokes for a distance of a 100 yards.

Beginners

Focus: Introduction to stroke technique, fostering a competitive swimming spirit, basic swimming body positions, transitions, kicking and breathing.

Competition target: Swim at least 2 classified meets a season.

Members: Attendance is recommended 3 times a week. Swimmer must be able to swim 2 of the 4 competitive strokes for a distance of 25 yards.

In all groups, the coaches will determine group placements. Adjustments may be made based upon coaches observations.

Target Meets/Competition Targets are just to inform you of the focus of the group and does not mean that swimmers in any group will not be participating in other types of meets. Meet entries will be completed by the coaches and they will determine which meets swimmers will compete in.