



*This is a high-performance training group designed to prepare swimmers for regional and national levels of competition. The emphasis will be on increased aerobic conditioning, as well as the physical, mental and emotional preparation required for high level competition. This group will focus on issues such as advanced stroke mechanics, training of specific energy systems, perfecting race strategies, proper nutrition, individual goal setting, team goal setting, and developing and understanding of the importance of proper mental preparation for high performance. Training will include a specifically designed dryland strength and conditioning program.*

#### **Requirements to Enter Gold Group**

Swimmers will enter the Gold group only upon invitation from the coach. Swimmers must first be able to complete the goals of the Black Sr. Group. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 10 x 100 Free on 1:10 (SCY)
- 4 x 400 Free on 5:00 (SCY)
- 8 x 200 IM on 3:00 (SCY)
- 10 x 100 Choice Kick on 1:50 (SCY)
- Swimmers must have achieved 2 YMCA Regional Qualifying time standards for different strokes
- Swimmers must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle.

#### **Practice Attendance**

Swimmers are **required** to attend a minimum of 5 practices per week. Attendance of morning practices will be at the discretion of the Gold group coach, and morning workouts **will not** act as a substitute to afternoon and Saturday morning workouts in fulfilling an athlete's attendance requirement. Athletes who fail to meet this requirement, evaluated over each month, will be moved to the Black Sr. group.

#### **Meet Attendance**

Swimmers are expected to attend all meets prescribed by the Gold group coach including the highest-level YMCA championship meet that the swimmer qualifies for. Focus meets for this group during the season are YMCA Regionals and Short-Course YMCA Nationals.

#### **Goals of the Gold Group**

The primary goal of the Gold group is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to transition into collegiate swimming. Within Gold group swimmers should be able to complete all of the following:

- Achieve at least 1 YMCA Short-Course National Championship qualifying standards
- Demonstrate the highest possible commitment to practice attendance (8 per week)
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate a commitment to attending all meets prescribed by the coaching staff
- Demonstrate a commitment to attending all dry land sessions offered
- Demonstrate a commitment to balance academics with swimming, striving for excellence in both
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff
- Demonstrate the YMCA's 4 core values and show willingness to work together as a team in reaching for the highest level of individual and team performance possible
- Demonstrate the mental skills necessary to succeed at a national level of competition