**Group 5 and 6**

Groups 5 and 6 are fairly identical in terms of group goals and training.

Coaching approach is slightly different due to age.

Group 5 - 13-15 years old AND criteria below (turning 13 is ok as long as the requirements are met)

Group 6 - 16 and over AND criteria below Requirements to enter group 5 (turning 16 is ok, and we do make exceptions for 16 and older kids to be in this group. Must have ok from coach Will)

**Requirements to enter group 5/6:**

12 x 50 free on :45

12 x 100 free on 1:35

 6 x 200 IM on 3:30

Demonstrate the willingness to attend 5 practices a week.

Establish Legal times in 100s of all four strokes, 200 free, 200 IM and the 500 free

**Meet Requirements:**

Group 5/6 swimmers are expected to attend all home meets unless they are in high school season. Participate in the championship seasons in both short course and long course that they qualify for.

**Practice Requirements:**

In this group, you are expected to attend at least 5 practices a week. This is only the minimum. 7-8 will produce the best results. Obviously, there will be times when you cannot attend. It is ok just communicate with coach Will.

**Equipment Requirements:**

Group 5/6 swimmers must have a mesh bag with: Kickboard, pull buoy, fins, paddles, band, snorkel and nose plug.

**Group 5/6 goals:**

Establish the high conditioning level with strong aerobic and anaerobic training bases

Preparation for state, Sectional and National competitions

Help create a powerful team dynamic – show genuine passion for your teammate’s improvement!

Learn strong mental toughness skills

Proper nutrition

Advanced goal setting

Advanced stroke mechanics

Advanced Dryland training

Participate in Team bonding days