**Group 5s and 5e**

**These groups are fairly identical in terms of groups goals. Coaching approach is slightly different due to age.**

**5s 13-15 years old AND criteria below**

**5e 16 and over AND criteria below**

**Requirements to enter group 5:**

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 swimmers must 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:**

This group requires a 5 practice a week commitment. This is only the minimum. 7-8 will produce the best results.

**Equipment Requirements:**

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

**Group 5 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 teammates improvement!

Learn strong mental toughness skills

Proper nutrition

Advanced goal setting

Advanced stroke mechanics

Advanced Dryland training

Participate in Team bonding days