

# TRAINING GROUPS - FALL 2022

Express Swim Team offers three practice groups that match the swimmer's ability, athleticism and experience in the sport. Age and experience recommendations are included in the descriptions below. Practices will take place at [Downers Grove North and South High Schools](#).

## **SUPER NOVA**

Super NOVA is the first/entry level of the Express Swim Team. This group will include Novice 10 & Under swimmers who have limited competitive swimming experience or just starting out in the sport. All swimmers must be able to swim 1 length of freestyle and one length of backstroke. Practices for the Super NOVA group are offered 2-3 days per week for 45-minutes. Swimmers are encouraged to attend as many of the practices as possible! The program emphasis is on learning all four competitive strokes and other competitive skills. Swimmers will participate in dual meets, all Express-hosted meets, USS Swim meets when ready.

## **SILVER**

The Silver level are typically 8-12 years old and have some Express or summer seasons of experience. Practices for this group are offered 3-5 days per week for 60-75 minutes. Silver swimmers will focus on stroke technique for all four strokes, starts and turns with a goal of competing legally in all 4 strokes to achieve an IM Ready score in competition. Swimmers will participate in dual meets, USS meets and all Express-hosted meets as well as any championship meets they qualify for.

## **GOLD**

Gold level swimmers are experienced swimmers ages 12 & Over. Gold swimmers will continue to focus on mastering all four competitive strokes and successful racing strategies. The Gold training group is the highest level Age Group program on the Express Swim Team. This group includes our top age group swimmers. High School swimmers (Pre- Season Boys/Post Season Girls) will either end their Express training (Boys) or begin their Express training (Girls) based on their HS season schedule. Season performance goals/standards for swimmers are in the following areas: IMX/IMR Score; 200 IM time; Regional/State time standards; and T-30. Practices are offered five days per week for up to 1 ½ hours per day. Athletes training in this group generally maintain a 85% attendance and meet participation rate. Swimmers have a Championship-level meet focus and generally swim with Express on a year-round basis. Swimmers in this group will participate in dual meets, USS meets, all Express-hosted meets and any championship meets they qualify