



Yellow - 11 & Under Introductory to Competitive Swimming

Yellow group is the first competitive group on our Club. Athletes in this group will have the option of attending practices up to 3 times per week, and are encouraged to attend at least 2 of those options. To join this group, athletes must be 11 years old or younger, must be able to complete a 25-yard Freestyle and a 25-yard Backstroke, an introductory knowledge of Butterfly OR Breaststroke, and must be self-sufficient in the locker room. Athletes in this group will focus on specific stroke skills each week while learning and exploring the world of competitive swimming in a fun, educational practice setting. Meet participation is encouraged but optional in this group.

Blue - 8 & Under Competitive

Blue group is made up of athletes 8 years old and younger who are competent in all four competitive strokes (Butterfly, Backstroke, Breaststroke, & Freestyle), can complete racing starts, and can perform the appropriate racing turns. Athletes in this group will continue to develop their skills, while learning about competitive swimming in a fun, age-appropriate environment. Blue group will have practices offered 4 times per week and are encouraged to attend 2-3 of those options. Meet participation is required in this group.

9&10s -

9&10 - 1 -

Our 9/10 - 1 group is made up of intermediate 9-10 yr old swimmers who have a solid foundation but may still be developing a stroke and/or skills. Athletes in this group are expected to regularly compete in meets and attend 3 of the 4 practices offered each week. Athletes will be introduced to season goal setting; outlining goal achievement through practice habits and meet participation. Conditioning will be introduced as the group progresses and athletes should have race goals focused on B times or better.

9&10 - 2 -

Our 9/10 - 2 group is our advanced 9-10 yr olds who have completed most stroke and skill development and are ready for more aerobic based training and race strategies. Athletes, working together with their coaches and parents, will be taught to form realistic goals and expectations for their season that they can achieve through dedicated practice habits. Practices will be offered 5 times a week and heavy meet participation is required. Athletes in this group should have achieved B/BB times and have their race goals focused on Regional and/or Age Group State times.

11&12s -

11&12 - 1 -

Our 11/12 - 1 Athletes in this group will primarily focus on developing good stroke mechanics and learning about the competitive sport of swimming. An introduction to goal setting will take place, with athletes creating group and individual goals. Practices will be offered 4 times per week with 2 dryland options. Athletes are encouraged to attend as often as they can, and must be able to complete 100 Freestyle and Backstroke, 50 Butterfly and Breaststroke, and a 100 Individual Medley.

11&12 - 2 -

Our 11/12 - 2 group is made up of more advanced 11-12 year-olds. Athletes in this group will continue to develop their four competitive strokes, racing turns and underwaters, and starts, while being introduced to more advanced training. Seasonal goal setting will take place where athletes outline their season goals and map how they intend to accomplish them. Practices will be offered 5 times per week with 2 dryland opportunities. Athletes are encouraged to attend 3-4 practices each week, regularly compete in meets, and work towards Illinois Swimming Regional Standards. To be considered for this group athletes' must achieve two 11-12 BB times.

11&12 - 3 -

Our 11/12 - 3 group is made up of our most committed and competitive 11-12 year-olds. Athletes in this group will continue to refine their competitive skills, while being introduced to more advanced training. Seasonal goal setting will take place with athletes working with their coaches and parents to form realistic plans and expectations for their season. Practices will be offered 6 times per week with 2-3 dryland opportunities as well. Athletes are expected to maintain at least 70% practice attendance, attend all appropriate meets, and strive to compete at Illinois Swimming's State Championships. To be considered for this group athletes' must achieve two 11-12 A times.

13&14s -

13&14 - 1 -

Our 13/14 -1 Athletes in this group will focus on developing good stroke mechanics, while advancing their existing competitive knowledge. Athletes in 13-14 - 1 will have 5 practices offered each week and 2 supplemental dryland options. Athletes are encouraged to attend as many practices as fit their schedule.

13&14 - 2 -

Our 13/14 - 2 group is made up of more advanced 13-14 year-olds. Practices will be offered 6 times per week with 2 dryland sessions. Athletes are encouraged to attend 5 or more practices each week. Athletes in this group will continue developing stroke mechanics, while more advanced training methods are introduced. To be considered for this group athletes' must achieve three 13-14 BB Times.

13&14 - 3 -

Our 13/14 - 3 group is made up of our most committed and competitive 13-14 year-olds. Athletes in this group will continue to develop competitive techniques while incorporating more advanced training and meet preparation. Short and long-term goal setting are essential for athletes as they begin to transition from age group swimmer to senior swimmer. 13-14 - 3 will have 7 practices offered each week plus 3 drylands. Athletes in this group will be expected to maintain at least 80% practice attendance, attend all appropriate meets, and strive to compete at Illinois Swimming's State Championships. To be considered for this group athletes' must achieve three 13-14 A Times.

Seniors -

Senior - 1 - Conditioning

Our Senior - 1 group is mostly made up of athletes interested in preparing for their high school season. Senior 1 offers athletes 5 practices per week, plus 2 dryland sessions. These practices will consist of a general warm-up, a skill based set, and a main set incorporating the skill. This group is intended for athletes looking to build endurance without the strict attendance and competition expectations of our Senior - 2 & 3 groups.

Senior - 2 -

Our Senior - 2 group is intended for the year-round competitive athlete. Practices will be offered 8 times per week with 3 dryland sessions. Athletes in this group are expected to attend most meets, 75% or more of scheduled practices, and have achieved Illinois Swimming Regional time standards. Advanced training and meet preparation will coincide with seasonal goal setting.

Senior - 3 -

Our Senior - 3 group is intended for the year-round, highly competitive athlete. Practices are offered 9 times per week with 3 dryland sessions. Athletes in this group are expected to attend all assigned meets, 90% or more of scheduled practices, and must have achieved specific Qualifying Standards. This group is made up of our most dedicated and competitive athletes, who aspire to compete at the highest levels of the sport and wish to continue their swimming journey beyond High School. Advanced training and meet preparation will coincide with thoughtful short and long-term goal setting.