

# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (2022-23 SC)

**Core Group Descriptions** are intended to provide information about Maverick Swim Club training groups. While a swimmer's age continues to be the most important criteria for practice session grouping, two other criteria are key components of practice group placement: (1) an attendance commitment criterion and (2) an ability-based criterion.

Swimmers interested in joining Maverick must first attend an evaluation to obtain a coach recommendation for group placement.

## AGE:

For the purpose of satisfying the age-based criterion, a swimmer may be considered the age that they become at any point during the short course season (September through March). Exceptions to this guideline:

- Mighty Mavs must be five years old by September 1; they may not be older than 8 years old before March 1.
- Genesis swimmers must be enrolled in high school, entering as an incoming freshman, or receive an exemption from the Head Coach.
- When the number of registered swimmers approaches maximum group capacity, placement preference will be given to those swimmers who are the ideal age for the training group as of Age Group Championships in March (8&U in PreCore, 9-10 in Core 1, 11-12 in Core 2, 13-14 in Core 3).

## ATTENDANCE:

For each practice group, there is a minimum attendance requirement for practice. Attendance requirements are described in each of the group descriptions. Meeting the minimum practice requirement is a factor for a swimmer to be eligible for priority registration for the next winter season.

## ABILITY:

Children grow and learn at different rates. To allow each child to be most successful, it is sometimes beneficial to place them in groups higher or lower than their calendar age. Additionally, swimmers sometimes age-up to new competition groups throughout the season. Because of these considerations, our coaches recommend the group in which they feel each swimmer will be most successful.

NOTE: The minimum ability requirements listed for each group are **minimums**. Often, the functioning level of the athletes within each group are higher than the stated minimums. Completion of a group's minimum requirement does not necessarily indicate that a swimmer is ready for that training group.

## RECOMMENDATIONS:

Recommendations by our coaching staff designate the group in which you should register your Maverick swimmer(s). Those interested in registering for a group other than the recommended group should read and follow the "Grouping Up/Down" instructions in the Registration Information document. Recommendations for returning swimmers are communicated prior to registration.

- Questions about recommendations should be directed to the lead group coach who made the recommendation.
- The Genesis group has specific qualifying standards. If the coaches' recommendation does not state Genesis, but the swimmer meets the standards, please contact Head Coach Mark Townsend for more information.
- High School swimmers who do not meet the Genesis qualifying standards must register for the Senior Group.
- *New swimmers* must register for the group that is communicated following the new swimmer evaluation.

### MAVERICK SWIM CLUB

1701 Quincy Avenue, #28

Naperville, IL 60540

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# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (2022-23 SC)

## ***PRE-CORE***

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The Pre-Core practice group is intended for:

- Swimmers age 8 and under who have prior competitive team experience OR have displayed interest in learning the sport of competitive swimming through mastery of fundamental swim lessons.
- Swimmers age 9 years old who have prior competitive team experience, but do not yet meet the ability qualifications for Core 1.

**Minimum Ability Requirements:** To qualify for Pre-Core, a swimmer must be able to legally swim 25 yards freestyle and backstroke and demonstrate:

- Correct freestyle breathing.
- The ability to dive off of the side of the pool or a starting block.
- Basic swimming etiquette.
- A legal component of breaststroke AND butterfly (arm or leg component is legal for both strokes).

**Focus of the Pre-Core group:**

- Creating a proper technique foundation for all four strokes (body positioning, catch, recovery and kicking)
- Learning proper racing starts for both freestyle and backstroke, as well as introduction to relay starts
- Establishing a breathing pattern for freestyle
- Introduction to freestyle flip turns, backstroke turns, and two-handed turns for fly/breast
- As appropriate, introduction to principles of practice – both drill principles and training principles
- Introduction to underwater kicking
- Practice, lane and teammate etiquette (proper spacing, listening to coaches, respectful lane behavior)

**Practice schedule:** 45 minutes in length, 4 days per week.

**Minimum practice attendance requirement:** 40%

**Required equipment:** Proper training suit, team competition suit, goggles, and latex/silicone swim cap (as dictated by hair length).

**Meet participation:**

- All Maverick hosted meets are required; other meets are optional.
- Swimmers registered for this group who are not competing in the 8 and under age group may have Maverick Coaches from other Core groups helping them at meets.

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# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (2022-23 SC)

## CORE 1

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The Core 1 practice group is intended for:

- Swimmers 9 and 10 years old (including those swimmers who turn 9 at any point during the short course season) that have moved beyond the initial stroke development stage and seek exposure to the next level of competitive swimming.
- 8-year-old swimmers who receive the approval of the Pre-Core and Core 1 lead practice group coaches to practice with this group.
- 11-year-old swimmers who choose to remain in this group because of other priorities or commitments or who do not yet meet the ability qualifications for Core 2.

**Minimum Ability Requirements:** To qualify for Core 1, a swimmer must be able to legally swim a 100 yard IM.

### Focus of the Core 1 group:

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Pre-Core)
- Solidifying a freestyle breathing pattern
- Reinforcement and refinement of two hand turns, backstroke flip turns, freestyle flip turns
- Reinforcement and refinement of safe racing starts, as well as an introduction to relay starts
- Principles of practice – both drill purposes and training principles
- Practice of underwater kicking, as well as utilization of it off of starts and turns
- Practice, lane and teammate etiquette (proper spacing, listening to coaches, respectful lane behavior)

**Practice schedule:** 1 hour in length, 5 days per week

**Minimum practice attendance requirement:** 45%

**Required equipment:** Proper training suit, team competition suit, goggles, and latex/silicone swim cap (as dictated by hair length); mesh bag containing a kickboard and fins (short).

### Meet participation:

- All Maverick hosted meets are required. Swimmers are encouraged to swim in as many meets as possible.
- Swimmers registered for this group who are not competing in the 9-10 age group may have Maverick Coaches from other Core groups helping them at meets.

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# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (2022-23 SC)

## CORE 2

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The Core 2 practice group is intended for:

- Swimmers 11 and 12 years old (including swimmers who turn 11 at any point during the short course season) who have progressed beyond the Core 1 level and are looking for exposure to the next level of competitive swimming.
- 13-year-old, pre-high school swimmers who cannot attend the longer practices of the Core 3 group due to other priorities and commitments.

**Minimum Ability Requirements:** To qualify for Core 2, a swimmer must be able to legally swim a 200 yard IM by week three of the season.

### Focus of the Core 2 group:

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Core 1).
- Introduction of race strategy, seasonal goals, and practice planning for both.
- More in-depth instruction in and development of practice principles, including principles of repeat training, interval training, test sets, and speed control.
- Continued practice of safe racing starts as well as relay starts
- Practice of underwater kicking, as well as utilization of it off of starts and turns

**Practice schedule:** Approximately 1.25 - 1.5 hours in length, 5 days per week

**Minimum practice attendance requirement:** 50%

**Required equipment:** Proper training suit, team competition suit, goggles, and latex/silicone swim cap (as dictated by hair length); mesh bag containing a kickboard, paddles, pull buoy, and fins.

### Meet participation:

- All Maverick hosted meets are required. Swimmers are encouraged to swim in as many meets as possible.
- Swimmers registered for this group who are not competing in the 11-12 age group may have Maverick Coaches from other Core groups helping them at meets.

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# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (2022-23 SC)

## CORE 3

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The Core 3 practice group is intended for:

- Swimmers 13 and 14 years old (including swimmers who turn 13 at any point during the short course season) who have progressed beyond the Core 2 level and are looking for exposure to the next level of competitive swimming.
- Swimmers entering high school are not eligible to register for this group but should register for either the Senior or Genesis group.

**Minimum Ability Requirements:** To qualify for Core 3, a swimmer must be able to legally swim a 400 yard IM in under 8 minutes by week three of the season.

### Focus of the Core 3 group:

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Core 2)
- Introduction to dry land training
- Continued in-depth instruction in and development of practice principles, including principles of repeat training, interval training, test sets, and speed control.
- Greater emphasis on conditioning and conditioning principles

**Practice schedule:** Approximately 1.5 - 1.75 hours in length, 5 days per week

**Minimum practice requirement:** 50%

**Required equipment:** Proper training suit, team competition suit, goggles, and latex/silicone swim cap (as dictated by hair length); mesh bag containing a kickboard, paddles, pull buoy, snorkel, and fins; gym shoes for dryland.

### Meet participation:

- All Maverick hosted meets are required. Swimmers are encouraged to swim in as many meets as possible.
- Swimmers registered for this group who are not competing in the 13-14 age group may have Maverick Coaches from other Core groups helping them at meets.

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# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (2022-23 SC)

## SENIOR

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The Senior practice group is intended for:

- Swimmers at the high school level and above and is designed to accommodate all swimmers, ranging from those who want to continue to engage in club swimming in addition to other activities and commitments to those swimmers who are fully committed to swimming as their principal non-academic activity but cannot meet the higher commitment or qualification requirements of the Genesis practice group.
- Except under certain extraordinary circumstances (which must be pre-approved by the Head Coach), high school age swimmers are NOT eligible to register for any of the “Core” practice groups. High school swimmers should register for either the Senior or Genesis groups following guidelines outlined in this document.

High School Girls take one week off following their conference meet and then begin Maverick practice. If the swimmer is on their state or sectional team, they will return when their high school coach determines their season is over.

**Practice schedule:** 1.75 - 2 hours in length, 5 days per week

**Minimum practice requirement:** 50%

**Required equipment:** Proper training suit, team competition suit, goggles, and latex/silicone swim cap (as dictated by hair length); mesh bag containing a kickboard, paddles, pull buoy, snorkel, and fins; medium resistance stretch cord and gym shoes for dryland.

**Meet participation:**

- All Maverick hosted meets are required. Swimmers are encouraged to swim in as many meets as possible.

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# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (2022-23 SC)

## GENESIS

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The Genesis program is designed for advanced level athletes choosing to specialize in swimming. This program requires a commitment level which will be enforced throughout the season. For potential new Maverick swimmers, the coach's recommendation from evaluations and verification of meeting the performance standards will be determining factors for placement in the Genesis group.

### GENESIS SWIMMER QUALIFICATIONS

- At the time of registration, possess any of the following time standards for the swimmer's age as of December 1
  - **Two** Age Group State Cuts
  - **Two** Senior State Champs Cuts
  - **Four** regional cuts
- Successfully demonstrate the following practice skills:
  - Provide proper spacing (usually five seconds) during practices
  - The ability to descend times in 4 consecutive swims with the 4th swim being equivalent of a 95% effort
  - Completion of all sets throughout the practice sets
  - Demonstrate ability to complete a minimum of 8 consecutive 100 yard freestyle swims on the 1:20

### GENESIS ATTENDANCE REQUIREMENTS

- Minimum 80% attendance requirement
  - Practice offered M-F
  - Saturday morning "bonus" practice on those weeks we are not attending a meet
- Absences over 3 days, medical or other, require a coach-approved plan for make-up. Swimmers are responsible for making up attendance. Failure to meet the plan may lead to the swimmer being reassigned to another group.

### GENESIS MEET ATTENDANCE REQUIREMENTS

- Must attend a minimum of 50% of meet sessions available
- Swimmers will compete in the Open session, if available
- Swimmers must compete in ISI championship season meets for which they qualify
- Swimmers must swim in all finals qualified for during prelim/finals meets unless a coach requests a swimmer NOT swim in finals

**Practice schedule:** 1.75 - 2 hours in length, 5 - 6 days per week

**Required equipment:** Proper training suit, team competition suit, goggles, latex/silicone swim cap; mesh bag containing a kickboard, paddles, pull buoy, snorkel, fins; medium resistance stretch cord, and yoga mat.

Please address any Genesis group questions with Head Coach Mark Townsend: [coach-mark@mavswim.org](mailto:coach-mark@mavswim.org)

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