



RAYS Practice Groups

Swimmers will be divided into workout groups based on ability and age. The ages listed below are only to be used as a general guideline. Swimmers will be placed into their respective practice group by mutual agreement between the swimmer and the Head Coach.

Please contact Coach Dan to schedule a group placement prior to registration.

The coaches reserve the right to place a swimmer in a group based on their physical, mental, and/or emotional maturity, regardless of requirements met or not met by the swimmer.

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Mini-Rays

The Mini-Rays Group is an entry-level developmental group for young swimmers (ages 8 & under) where the focus is having fun, forming team bonds, developing strong fundamental skills in all four strokes, and learning basic competitive skills.

Evaluation Guidelines

Swimmers ages 5-8 will be evaluated for this group.

Requirements to enter Mini-Rays

Swimmers must be able to complete each of the following:

- Swim 25 yards of continuous freestyle, demonstrating rotary breathing and good balance in the water.
- Swim 25 yards of each 3 of the 4 main strokes.
- Perform 50 yards of strong freestyle kick.
- Must be physically and emotionally mature enough to handle a 45 minute practice independent of parents.
- The Head Coach reserves the right to place any swimmer in any group based on the best interest of the individual.

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend a minimum of 2 practices offered per week.

No Practice Gear Required

Meet Attendance

Swimmers are encouraged to attend at least three meets throughout the season.

Goals of Mini-Rays Group

- Dive safely and consistently off the blocks.
- Achieve a legal time in a swim meet in the following events: 50 freestyle and 25s of each of the four strokes.



Age Group Development

This group is designed for athletes completing the goals of Mini-Rays and swimmers ages 8-12 that are in need of further fundamental skill development. The focus is placed on nurturing a love for the sport, continued development of fundamental skills in all four competitive strokes, and developing racing skills.

Evaluation Guidelines

Swimmers 8-12 will be evaluated for Age Group Development.

Requirements to enter Age Group Development Group

Swimmers must be able to complete each of the following:

- Swim 50 yards of continuous freestyle, demonstrating rotary breathing and good balance in the water.
- Swim 25 yards of continuous and legal Backstroke, Breaststroke, and Butterfly.
- Perform 50 yards of strong freestyle kick.
- The Head Coach reserves the right to place any swimmer in any group based on the best interest of the individual.

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend a minimum of 3 practices offered per week.

No Practice Gear Required

Meet Attendance

Swimmers are encouraged to attend at least three meets throughout the season.

Goals of Age Group Development Group

- Complete a legal 50 of each of the four strokes.
- Demonstrate an ability to read the pace clock and understand basic intervals.
- Achieve a legal time in the following events: 100 freestyle, 100 IM.



Age Group Performance

This group is designed for athletes ages 9-12 who are preparing for elite-level competition. The focus is placed on long-term competitive development, learning to train, and refining high-level racing skills.

Evaluation Guidelines

Swimmers 8-12 with significant swimming experience will be evaluated for Age Group Performance.

Requirements to enter Age Group Performance Group

Swimmers must be able to complete each of the following:

- 8 x 50 free @ 1:00
- 6 x 50 kick @ 1:15
- Achieve a legal time in the 50 of each of the 4 strokes and the 100 IM.
- The Head Coach reserves the right to place any swimmer in any group based on the best interest of the individual.

Practice Attendance

Swimmers are required to attend a minimum of 4 practices offered per week.

Practice Gear

- FINIS EDGE Fins; kickboard/buoy optional

Meet Attendance

Swimmers are required to attend one meet per month and all eligible championship meets.

Goals of Age Group Performance Group

- Multiple individual District cuts; one individual State cut
- Demonstrate a strong technical understanding of all four competitive strokes
- Demonstrate an ability to read the pace clock and understand basic intervals.
- Achieve a legal time in the following events: 500 freestyle, 200 IM.



Senior Development

The Senior Development Group is aimed at developing advanced technical skills and competing at an elite age-group level in preparation for Senior-level competition. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport. The training emphasis of this group is centered on mastering the following skills necessary to be successful swimmers: training etiquette, advanced stroke mechanics, training and race strategies, goal setting, mental preparation, and the ability to handle increasing training workloads.

Evaluation Guidelines

Swimmers 13-17 will be evaluated for Senior Development.

Requirements to enter Senior Development

- Achieved a legal time in the following events: 100 Free and 100 IM.
- The Head Coach reserves the right to place any swimmer in any group based on the best interest of the individual.

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend 4 practices offered per week.

Practice Gear

- FINIS EDGE Fins; Kickboard/buoy optional

Meet Attendance

Swimmers are encouraged to participate in at least 3 meets throughout the season.

Goals of Senior Development

By the time swimmers move out of Senior Development they should be able to complete all of the following:

- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills.
- Demonstrate an ability and willingness to train and compete in all strokes and distances.
- Demonstrate a proven ability to maintain a positive attitude and focus during workout and an understanding of how their actions affect their teammates.
- Demonstrate consistent attendance, a minimum of 4 practices per week.
- Achieve a legal time in the following events: 500 freestyle, and 200 IM.



Senior Performance

This is a competitive training group designed to prepare swimmers for collegiate-level swimming. The emphasis will be on increased conditioning, skill development, and the physical, mental and emotional preparation for the highest level of competition. This group will focus on advanced stroke mechanics, perfecting race strategies, individual goal setting, and mental preparation.

Evaluation Guidelines

Swimmers 14 and over with significant swimming experience will be evaluated for Senior Performance.

Requirements to enter Senior Performance

To be considered for placement in Senior Performance swimmers must first be able to complete the Goals of Senior Development. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 8 x 100 free @ 1:30
- 8 x 50 kick @ 1:00
- Swimmers must have achieved a legal time in the following events: 500 free, 100 Back, 100 breast, 100 fly, 200 IM.
- Previous attendance record of 75% or better
- Ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills.
- Ability and willingness to train and compete in all strokes and distances at the highest level possible.
- The Head Coach reserves the right to place any swimmer in any group based on the best interest of the individual

Practice Attendance

Swimmers are required to attend a minimum of 5 practices offered per week.

Practice Gear

- FINIS EDGE Fins
- FINIS Agility Hand paddles
- kickboard/buoy optional

Meet Attendance

Swimmers are required to attend one meet per month and all eligible championship meets.

Goals of Senior Performance



The goals of the Senior Development Group are to develop the skills necessary for elite collegiate-level swimming training and competition, including:

- Thorough understanding of goal setting skills.
- Commitment to the team and behavior outside of the pool that will lead to the highest possible performance.
- Demonstrate the YMCA's core values and show willingness to work together as a team in reaching the highest level of individual and team performance possible.
- Demonstrate the mental skills necessary to succeed at the highest level of competition.

