

# DEVELOPMENTAL GROUPS:

**COMETS:** 6-9 year olds

**2 DAYS 50 MINUTES**

This group is for our 6-9 year old swimmers as they get their feet wet in competitive swimming. Comets meet 2 times a week - and work on mastering the fundamentals of all four strokes, turns and starts. All COMETS must be comfortable in deep water and able to swim a MINIMUM of 25 yards of freestyle (face down) and backstroke.

SWIMMERS MUST BE 6 years old by 11/20/2017

We encourage our Comets to participate in our LOW KEY INTRA SQUAD meets - and progress to other meets on the meet schedule as they build meet confidence.

**METEORS:** 9-12 year olds

**3 DAYS 60 MINUTES**

This group is for our 9-12 year old swimmers as they get their feet wet in competitive swimming. Meteors meet 3 times a week - and work on mastering the fundamentals of all four strokes, turns and starts. All Meteors must be able to swim a MINIMUM of 25 yards of freestyle (face down) and backstroke. They should be comfortable in deep water and OPEN to learning. We encourage our Meteors to participate in our LOW KEY INTRA SQUAD meets - and progress to other meets on the meet schedule as they build meet confidence.

# AGE GROUP PROGRAM GROUPS:

**WHITE:** 3rd graders

**3 DAYS 60 MINUTES**

8 year olds with an understanding of all 4 strokes (having MASTERED 3+) can swim a 100 IM and able to DIVE. White group swimmers will build confidence in all four strokes, master flip turns. *These swimmers commit to participate in 1 meet / month as they start racing 50 yards of each stroke and 100 IM.*

**BRONZE:** 4th & 5th graders

**4 DAYS 60 MINS**

9-10 year olds capable of LEGAL 25 yards Butterfly & Breastroke; 50 yards Free and Back with flip turns. They commit to practice 2-3 times per week & *participate in 1 meet / month* as they start racing 50 yards of each stroke and 100 IM.

**BLACK:** 4th & 5th graders

**4 DAYS 60-70 MINS**

Our most competitive 9&10s; MUST have 4 legal strokes, flip turn, dive and competitive team experience. Black group swimmers have achieved min of USA 9&10 "B" times. Black group swimmers *average 3 practices a week as they commit to RACE a minimum of 2 days per month.*

**SILVER:**                    6th-8th graders                    **4 DAYS 75 MINUTES**

Silver group swimmers continue to work on developing endurance to master racing 50 & 100 yards of all 4 strokes. These swimmers average practicing 3 times a week and *racing 1 day per month.*

**BLUE:**                    6th-7th graders                    **5 DAYS 75-90 MINUTES**

Our most competitive middle schoolers. Blue group swimmers have achieved a min of USA 11&12 "B" times. These swimmers have times in 50&100 yds of all four strokes. Group members are expected to maintain over 65% attendance minimum and participate in 2+ meet days per month.

**COPPER:**                    13+ swimmers                    **4 DAYS 70-90 MINUTES**

These 8th graders are striving towards attaining their own personal goals. This group will work to prepare for 100yd/200yd race strategies as they progress towards our JR & SENIOR PROGRAM. Group members are expected to maintain over 65% attendance minimum and participate in 2+ meet days per month.

**SENIOR PROGRAM:**

**JUNIOR:**                    **5 DAYS 90 MINUTE**

These 13+ year olds have achieved (minimum of 11/12) ISI Regional or higher standards and working to take their swimming to the next level. *A 75+% practice and meet attendance is expected.* An 11&12's must achieve Age Group Champ standards to be considered.

**HSG / HSB :**                    **5 DAYS 100-120 MINUTE**

High Schoolers join us PRE and POST their high school season. Look for SEPARATE registration!

**PLATINUM:**                    **5-6 DAYS 100-120 MIN**  
**PLUS AMS WHEN OFFERED**

This group has achieved a minimum of USA Senior State TIMES and are committed to attending JR NATIONALS or similar Spring Championship meets. This year we will offer a separate practice 2 x week.