**GSI Mission Statement**  
Using our resources to cultivate a diverse swim culture in our community through quality education, training, and competition

**Developmental Groups**

At GSI we want to promote smart swimming first.  These groups are for athletes who are ready to work on the fundamentals of competitive swimming.  Having fun, making friends, and learning the four competitive strokes are the goals of these groups.  There are three groups at the developmental level.

**Developmental "C" Group**

This group is for athletes who have 0 years of experience swimming and are working to become water safe.  Athletes in this group are working on kicking, body position, and listening.  Competitive swim meets are not required.  There are no practice attendance expectations.  All 6 year olds and under will be in this group.

To be considered "ready" for the next group, swimmers need to be able to swim 25 yards of both freestyle and back stroke.

**Developmental "B" Group**

This group is for athletes who have a basic understanding of being water safe.  Our goal is to continue to help swimmers be water safe and begin helping them understand the four competitive strokes.  Swimmers are still working on making friends, having fun, and learning what swimming is.

To be considered "ready" for the next group, swimmers need to be able to swim 50 yards of freestyle and back stroke, 25 yards of breast stroke, and kick 25 yards of butterfly on their back.

**Developmental "A" Group**

This group is for athletes who have begun to understand the basics of swimming.  Some athletes have possibly mastered freestyle, and possibly back stroke and breast stroke.  Athletes in this group are working on listening, breathing to the side on freestyle, flip turns, open turns, and butterfly kick on their back.

To be considered "ready" for the white group, athletes must be able to swim a legal 100 yards of Freestyle and Back Stroke,  50 yards of Breast Stroke, and 25 yards of Butterfly.

**Age Groups**

The three groups listed below are the three competitive groups athletes join after the developmental program.  In these three groups athletes will begin to build upon their technique.  Athletes will learn how to sprint longer distances and begin understanding how to begin goal setting.

**White Group**

GSI's white group is for those athletes who have begun to implement the fundamentals taught in the developmental group.  Athletes in this group continue to focus on the four main strokes, but learn how to implement those strokes into practice sets.  The goal for our white group athletes is to continue to have fun with swimming, make new friends, learn new training techniques, learn how to swim butterfly, and learn to use a pace clock.

To be considered "ready" for the Red Group, swimmers must be able to swim 200 yards of Freestyle and the Individual Medley, 100 yards of Back Stroke and Breast Stroke, 50 yards of Butterfly, have 50% practice attendance for the season, and understand how to use a Pace Clock.

**Red Group**

The red group is designed for those swimmers who have begun to implement the training being taught in the white group.  Athletes will be taught how to use the fundamentals they have learned to increase their endurance and begin training for longer events.  Mastery of the 200 IM as well as longer distance events is the main goal of this group.

Although having fun and making new friends are still a priority, athletes will begin to transition to a more demanding and competitive atmosphere.  Athletes will be guided to set goals, taught what it will take to achieve those goals, and celebrated with when reaching those goals.

In order to be considered "ready" for the Blue Group, swimmers must be able to swim 500 yards of Freestyle, 200 yards of Back Stroke and Breast Stroke, 100 yards of Butterfly, understand how to swim the 200 Individual Medley, know what their goals are in swimming, and have 75% attendance to practices.

**Blue Group**

The GSI blue group is for those athletes that have mastered the four competitive strokes and are working for Divisional and Age Group State cuts.  As athletes in the Blue Group begin to competitively train more throughout the week, athletes are expected to become more competitive in the 200 IM as well as the longer stroke events and the 500 Freestyle.  Athletes in this group begin to learn how to set long term goals for swimming.

By the time swimmers are done with the Blue Group they should have swum the mile, 400 Individual Medley, 200 Butterfly, understand what it will take to acheive their goals in swimming, and have 80% attendance for practices.

**Senior Group**

This group is for any athlete who is 15 years of age or older and/or currently enrolled in High School.  Athletes in this group vary in skill range and ability level.  This group will generally be broken into three training groups.  The goal is to create a senior team which thinks of themselves as 200 IMers while working to become more efficient in the 400 IM and the longer distance stroke events.