**Gold Group**

**Technique**

* Able to swim legal 100 of all strokes, work towards 200’s
* Able to do all turns and finishes legally
* Breaststroke pull outs
* 6 fly kicks on fly, free off walls
* Streamline on side of body and perform bottom hand scull
* 4-6 fly kicks on back off walls
* Bi-lateral breathing for all freestyle
* Breath control off starts
* No breathing off turns
* Can legally swim a 200 IM from a dive
* Start to learn basics of sculling and body line importance

**Knowledge**

* Understands flexibility and core body strength
* Pace clock and interval training
* Learn about positive mental attitude and its effects
* Knows their best times
* Knows time standards
* Understands splits
* Distance per stroke
* Set season goals
* Knows and understands NACS Age-Group Drills
* Safety Rules
* Knows dates of next swim meet and goals
* Pace clock 5 and 10 second leave times
* Understands 15,20,30,40,45 and 60 send offs
* Understands concept of build during a set
* Understands negative splitting during a set
* Understands descending during a set
* Set practice goals

**Nutrition**

* Water bottles at practices and meets
* Demonstrates proper pre-meet meals
* Eats healthy snacks both at meets and at school
* Aware of supplement dangers at such a young age
* Knowledge of issues with “junk food”
* Parents provide a good healthy food diet

**Time Management**

* Parents should commit to bring children to practice 4-5 times per week and arrive on time
* Children should be prepared 15 minutes prior to warm-ups for meets
* Informs coach of practice absence and reason
* Uses the concept of time management in regards to homework and chores at home
* Swimmer/Parent will turn in appropriate team paper work in a timely fashion

**Stress Management**

* Controls emotions at practices and meets
* Understands practice and meet performance
* Prioritizes school work, social activities, and other commitments including swimming

**Time Frame**

* 8-12 years old
* 60-75 min workouts
* 5 offered per week
* Prior competitive experience

**Training**

* Repeat 50’s/100’s up to of each stroke legally, repeat 200’s freestyle
* Strong Streamlines
* Legal 200 IM
* Test Sets introduced in training
* Minimum goal of multiple divisional cuts
* Learn to use drills to overemphasize stroke work

**Competition**

* State meet participation is goal
* Commitment to multiple meets at coach recommendation during winter season
* Encouraged to practice with club during summer season
* 1 meet per month during summer season

**Sportsmanship/Spirit**

* Respectful to coaches/officials
* Understand lane etiquette
* Congratulates teammates
* Encourages teammates
* Knows all team cheers (we are little, we are loud, we are NACS, we are proud, GO NACS) ; (Extra, Extra, Read all about it, we’re the best team and there’s no doubt about it, heard it on the radio, see it on the news, were team NACS and we just can’t lose)
* Congratulates opponents (win or lose)
* Sits with teammates during meets (staying on deck)
* Makes friends with members of other teams

**Social Skills**

* Accepts criticism from a coach and understands they are critiquing the individual skill and not the individual person
* Respectful of other’s space in practice
* Asks questions
* Greets teammates
* Thanks coaches everyday
* Participates in group and team events in and out of pool
* Leads the lane

**Team Commitment**

* Wears team cap at meets
* Wears a drag suit at practice
* Wears team apparel at meets
* Cheers with and for teammates
* Helps pick up pool deck
* Spreads the word about the team to other friends not on the team
* Wears team shirts to school on Team Day
* Knows one Olympian in his or her best events
* Knows some history of the team