

Silver Group Description

The Silver Group is the 11-12 year old CATS group. This group will be split into multiple training levels based upon the swimmers ability level. All Silver swimmers will practice at the same time. The placement of all swimmers into the groups ability levels will be decided upon by the coaches.

Meets attendance is required for this group. Swimmers are expected to compete in all team-hosted meets, and at least 3 non-team hosted meet each season. Swimmers who qualify for Illinois Swimming's Regional Championship and Illinois Swimming Age Group Championship will be required to attend.

Age-

Swimmers who are 11-12 years old prior to the start of that season's championship meet start.

Practice Structure-

Practice will be offered 5-6 times per week

90 minutes per practice in the water

45-60 minutes of dry land offered 3-4 times per week

It is recommended that swimmers attend a minimum of 75% of all practices to get the most out of this group.

Basic Goals-

Aerobic development

Emphasis on 100s of stroke, 200 Free and 200 IM

Refined race tactics and strategy

Consistent dry-land training

Training and development of all 4 strokes

Continual development of kick strength (focusing on Under waters and Dolphin Kick)

Learning time standards- what they mean

Team Goal of Age Group Champs and Regional -Top 20

Master drills used by CATS

Opportunity's to participate in Illinois and USA Swimming programs and camps

Dry Land Program-

3-4 times per week

Begin shoulder strengthening and stabilization

Advanced core and stabilization development

Body weight training circuit

PVC Olympic Lifting (learning proper technique)

Games

Necessary Equipment-

Kick board

Fins

Snorkel (front mounted)

Pull Buoy

Mesh Bag

Water bottle

Sandals

Cap

Goggles

Swim Suit practice, and Team Suit for meets

10 and Under Qualifying for Silver-

Swimmer must attend 80% of all Orange Group Practices

Swimmer must have five 10 and Under Age Group Championship Time Standards

Advancement-

Swimmers will move to the Green Group when they turn 13 or will turn 13 prior to the end of the next Regional Championship.

Orange Group Description

The Orange Group is the 10 and Under CATS age group. Swimmers will further develop all four competitive strokes, refine their swim team etiquette, sportsmanship, practice behavior, and continue to develop the love of the sport.

This group will be split into multiple training levels based upon the swimmers ability level. All Orange swimmers will practice at the same time. The placement of all swimmers into the groups ability levels will be decided upon by the coaches.

Meets attendance is recommended for this group. Swimmers are expected to compete in all team-hosted meets, and at least 2 non-team hosted meet each season. Swimmers who qualify for Illinois Swimming's Regional Championship and Illinois Swimming Age Group Championship will be required to attend.

Age-

Swimmers who are 10 and Under prior to the start of that season's championship meet start.

Practice Structure-

Practice will be offered 5 times per week

60 minutes per practice in the water

30 minutes of dry land offered 2 times per week

It is recommended that swimmers attend a minimum of 75% of all practices to get the most out of this group.

Basic Goals-

Stroke development and refinement

Emphasis on all four competitive strokes

Continued aerobic development

Development of competitive starts and turns for all strokes

Basic body movement and core development

Continual development of kick strength (primary focus is body position kicking)

Learning the competitive meet progression and learning to set goals

Team Goal of Regional qualifiers

Learn the drills used by CATS throughout the program

Dry Land Program-

2 times per week

Begin body movement comprehension

Develop core and stabilization comprehension

Body weight exercises

Games

Necessary Equipment-

Fins

Pull Buoy

PVC Kicking Pipe

Mesh Bag

Water bottle

Sandals

Cap

Goggles

Swim Suit practice, and Team Suit for meets

8 and Under Qualifying for Orange-

Swimmer must attend 80% of all Blue group practices, have legal strokes for all four competitive strokes, and be able to complete a 100 Fr and 100 IM.

Advancement-

Swimmers will move to the Silver Group when they turn 11 or will turn 11 prior to the end of the next Regional Championship.

Blue Group Description

The Blue Group is the 8 and Under CATS age group. Swimmers will develop all four competitive strokes, and will refine their swim team etiquette, sportsmanship, practice behavior, and develop the love of the sport.

This group does participate in meets. They are required to participate in all home meets, and experience one other swim meet per season. Swimmers will be focusing on the development of all 4 strokes, learning proper techniques of starts and finishes, sportsmanship, training and practice behavior.

Age-

8 year olds and Under

Practice-

3 times per week in Fall/Winter Session (4 times/week in Summer)

30-40 minutes per practice in the water

5 minute stretching at beginning of practice

10-15 minutes of dry land 2-3 times a week

It is recommended that swimmers attend as many practices as possible to get the most out of this group.

Basic Goals-

Learn the rules and basic etiquette of the swim team

Continuing the basic goals from the purple group

50 yards of freestyle with bilateral breathing

50 yards of backstroke

50 yards of breaststroke

25 yards of butterfly with correct arms and kicks

Competitive streamlines, turns, and finishes for all four strokes

Dives (sit, kneel, and standing)

Other skills to work on but not required-

Begin Aerobic Development (Sets 400 yards or longer)

Legal 100 IM kick

Legal 100 IM swim

Able to swim 200 Free with flip turns

Breaststroke pullout

Dry Land Program-

10-15 minutes at beginning of practice

2-4 times a week

Partner and individual body weight exercise

Games

Equipment-

Water bottle

Sandals

Cap

Goggles

Swim Suit (jammers for boys, one piece suits for girls)

Advancement-

Swimmers will move to the Orange Group when they meet requirements of Blue Group; or when they will be 10 prior to the start of the championship season.

Purple Group Description

The basic understanding of working and learning with others in a team like atmosphere, and having fun Purple Group is the CATS group for 8 yr old and under swimmers.

The group does not participate in meets. Swimmers will be focusing on freestyle and backstroke development. Swimmers will learn the rules and basic etiquette of swim team sportsmanship, training and practice behavior.

Age-

8 year olds and Under

Practices-

2 times per week in Fall/Winter Session (3 times/week in Summer)

40 minutes per practice in the water

5 minute stretching at beginning of practice

It is recommended that swimmers attend as many practices as possible to get the most out of this group.

Basic Goals-

Learn the rules and basic etiquette of the swim team

Proper kick development for Freestyle and Backstroke (little, fast and steady kick)

Learn circle swimming

Proper air exchange through the process of bubbling when face is in the water

Streamlining off of the wall

Underwater dolphin kicking

25 yards of freestyle with rotary breathing (no stopping)

-Arm recovery must be over the water

25 yards of backstroke w/o stopping

Proper stroke finishes (finish to the wall w/ proper hand touch)

Other skills to work on but not required for advancement-

-Dives (sit, kneel, and standing)

-Butterfly kick (with and without a kickboard)

-Breaststroke kick (with and without a kickboard)

-Turns (open and flip)

Dry Land Program-

Stretching 5 minutes at beginning of practice

Games

Equipment-

Water bottle

Sandals

Cap

Goggles

Swim Suit (jammers for boys, and one piece for girls)

Advancement-

Swimmers will move to the Blue Group when they meet requirements of Purple Group.

