

BRONZE

The club's ethos is one of teamwork and self-improvement. The Bronze group is Stingray's fundamentals group. All four-stroke disciplines are introduced and taught in such a way that enables each swimmer to swim legally in competition. The coaches establish these key swimming skills by teaching basic stroke mechanics early on and developing the initial body position and kicking fundamentals needed.

Bronze group swimmers are introduced to starts and turns early on to ensure they meet the FINA standards because we encourage Bronze members to compete in all our home hosted meets. It is necessary to achieve these standards before competing to avoid disqualification when racing. We emphasize the importance of fun, whilst creating an energetic and exciting competitive environment.

The group meets 3 times per week for 55 minutes. To join the group prior swimming instruction is needed as it is not a learn-to-swim programme.

Required Kit: kickboard and short blade fins

SILVER

The Silver group is intended for swimmers who have developed the necessary skills to compete in all four-stroke disciplines. The foundations learnt in Bronze are vital and must be reinforced whilst maintaining a fun and exciting environment. Additional team building activities, racing, and games are often used to further develop a team spirit and philosophy.

Basic swimming sets are used to highlight the importance of hard work, as swimmer's progress both in skill and swimming vernacular they are then introduced to basic training concepts such as track starts, competitive flip turns, underwater techniques, race skills such as pacing and reading the clock.

All these important skills are developed progressively. The group meets 4 times per week for 60 minutes to capitalize on what is being learnt. Engaging swimmers on a regular basis will ingrain these newly learnt motor skills so that swimmers can apply them when racing. Silver swimmers are required to participate in all Stingray hosted meets and encouraged to participate in select away meets.

Required Kit: kickboard, short blade fins, competitive swimming snorkel

GOLD

Gold squad meets 6 times per week for 120 minutes (2Hrs) in the water and 15-30 minutes of dryland training. During this phase, gold swimmers are introduced to advanced training methods and have the opportunity to swim some practices with our senior swimmers to help foster a fun and competitive environment.

The main emphasis is on the retention of the fundamentals learnt in the bronze and silver squads. Swimmers should capitalize on what they have learnt as they are

introduced to the latest and most advanced skills and drills as race strategy is refined before competition preparedness is introduced.

The gold group is required to participate in all hosted meets and one end of season (championship) meet per year. Coaches aim to continue the spirit of a team environment and strive to create a fun and passionate group.

Require Kit: kickboard, short blade fins, competitive swimming snorkel, pull buoy, paddles, yoga mat

SENIORS

Stingray's Senior group is an advanced competitive training group where swimmers are pushed to find their physical thresholds in all modalities of training. They are introduced to the latest and most advanced training concepts, goal setting and educated to understand the commitment and intricacies of elite swimming. This group has mandatory practices 6 times per week for 2 hours in the water and 30 minutes of dryland training in the afternoons, along with 2 hours in the mornings before school three times per week.

Coaches of this group strive to inspire their swimmers to push themselves beyond their limits to help build confidence and promote an exciting training environment. We require the Senior swimmers to participate in all hosted meets and one end of the season (championship) meet per season (2 per year).

Required Kit: kickboard, short blade fins, competitive swimming snorkel, pull buoy, paddles, drag belt, yoga mat

SENIOR II

Stingray's Senior II group is for highly competitive swimmers that may not be able or willing to make the commitment to the full-time senior program. They are introduced to the same training concepts, goal setting and educated to understand the commitment and intricacies of elite swimming as the Senior Group. This group practices 6 times per week for 1 hour in the water and 30 minutes of dryland training.

Senior II swimmers are invited to participate in the morning practices with the Senior group. We strongly encourage the swimmers to participate in all on island meets and invite these swimmers to any off island meets for which they qualify.

Required Kit: kickboard, short blade fins, competitive swimming snorkel, pull buoy, paddles, drag belt, yoga mat

HIGH SCHOOL DEVELOPMENT

The high school development programme is designed for swimmers who are 13 years or older and still love the water. These individuals are looking to swim for fitness whilst exploring the sport of swimming without diving head first into an all-out commitment. The programme provides a platform for late starters to develop with people of similar age and mind set. We offer 3 sessions per week for one hour.

Key themes of these practices are technique and fitness; the sessions are formatted to best help the individual members of the group. Swimmers from the high school development group can progress on to the senior squad without working their way through the entirety of the programme. Attendance is encouraged but will not be clocked; we look forward to introducing and sharing our sport with high school aged kids without the intimidation of those who have been swimming for years.