



Age Group 1



The Age Group 1 continues to focus on stroke development and refining skills. Aerobic conditioning begins to advance all the while in a fun and challenging environment. Seasonal fees are charged for swimmers in this group and are a commitment for the entire season. Regular participation in USA Swimming meets is highly encouraged.

- **Eligibility requirements:**
 - Swimmers age 10-13,
 - Must have ability to complete 8x100 SCY Free/1:45 with flip turns, 8x100 SCY IM/ 2:00 with legal appropriate turns, 8 x 100 kick flutter or dolphin on 2:15

- **About the group:**
 - Swimmers should be ready for stroke, start and turn refinement. There is a continued focus on breath control and use of the dolphin kick while training and racing.
 - Basic stroke and kicking drills are reinforced, and conditioning becomes a more important factor in workouts.
 - Develop the ability to swim “sets”. Basic use of pace clock: send-offs, 5-sec intervals, etc.
 - Workouts: 6 x 1.75 hours/week offered
 - Swimmers participate in basic dryland exercises.
 - Major Goals: Knowledge of personal best times and improvement of those times throughout the year. Major meets include the Silver State and ISI Age Group State. Participants are expected to train regularly to make a transition into the Senior Prep group.
 - Swimmers must adhere to the designated meets prescribed by the Coaching staff and follow the plan targeting success for the swimmer and the team.