



# Age Group 2



This is the third group in the Age Group pathway with a continued focus on stroke development and refining technique with positive and supportive coaching. Seasonal fees are charged for swimmers in this group and are a commitment for the entire season. In this group training principles and aerobic conditioning continue to advance and regular participation in USA Swimming meets is highly encouraged.

- **Eligibility requirements:**
  - Swimmers age 9 to 12
  - Competence in all 4 strokes and IM
  
- **About the group:**
  - Attendance and improved performance during conditioning sets are stressed. Stroke technique and racing skills are prioritized. Underwater dolphin kick & bi-lateral breathing continue to be emphasized.
  - Workouts: 6 x 1.5 hours/week offered
  - Major Goals: Knowledge of personal best times and improvement of those times throughout the year; develop technique and endurance base. Major meets include Silver Champs and the Age Group State meet
  - Swimmers must adhere to the designated meets prescribed by the coaching staff and follow the plan targeting success for the swimmer and the team.