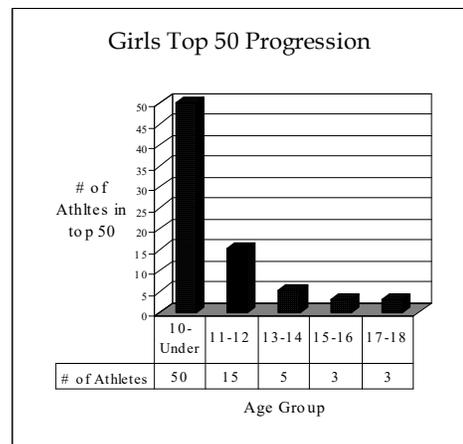


Program Development

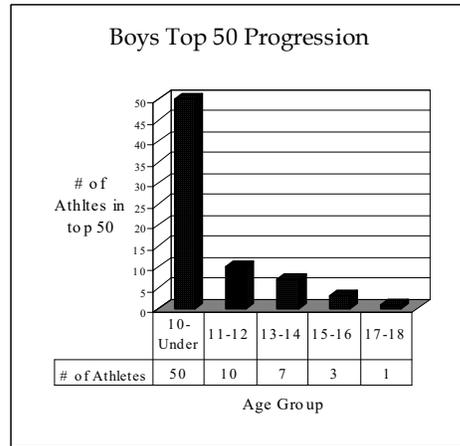
It is a basic assumption that for an age-group competitive program to succeed, it must begin with children at an early age, encompass and challenge all who participate, and follow a continuous developmental progression. The five levels of instruction and training for Southeastern Swim Club are designed to allow for gradual and complete development of an individual's potential. The progression of an athlete from one group to the next is solely a coach's decision based on many variables and usually not age alone. Please keep in mind that movement from group to group can be down as well as up depending on which group would most accurately fit each athlete's ability. Therefore, if athletes are not performing at the level of the group and its requirements, he/she will be moved to a group that will challenge them in a more realistic manner.

Possibly, one of the most important and confusing factors concerning program development is the challenge of insuring that the program focuses on creating a life-long swimming progression. It has often been said that it is not difficult to teach 10-Unders how to swim really fast, but where will they be when they are 16, or in college? At Southeastern, we feel that the young or beginning swimmer should focus more on technique than speed. We want to insure that the swimmer feels challenged every year and that we are constantly offering more to the athletes as they mature physically. A large majority of elite college swimmers today were mediocre 10-Unders, if they even swam at that age.

These graphs are provided to illustrate the historical progression of elite 10-Unders. The first graph is for girls and the second is for boys. Each graph begins with the top 50 10-Unders ever in USS. It then follows their performances and shows how many were still in the top 50 at the age of



11-12, then 13-14, 15-16, and ultimately 17-18. As you can see, the percentages begin to drop as the swimmers age and continue to drop throughout the graph. What is this telling us?



At Southeastern, we believe that many athletes have been encouraged to focus strictly on speed at an early age, and that often this leads to the overused term "burnout." We believe that progression should be planned and coordinated for natural development in a fun and supportive atmosphere. We want swimmers to be most successful when their bodies are physically and mentally prepared for top performances.

Please keep in mind that one of the most influential aspects of how a swimmer progresses in this program is their attendance. There is not an attendance policy at Southeastern because participation in other activities is encouraged. That said, it is important to keep in mind that parents and swimmers must understand that progression will come with attendance and that families need to be as comfortable with the progression as they are with the attendance.

SSC Training Groups and Levels of Progressions

Group Name (Age Range)	Skills Needed to Enter Group	What is Expected of This Group
Flying Fish (10 & under)	<ol style="list-style-type: none"> 25 yard Free (with side breathing) 25 Backstroke 	<i>To learn correct technique for 4 competitive strokes. Also will be taught freestyle flipturn, "open" turn for backstroke and breast/fly turns. Will be taught starts from blocks as skill level progresses.</i>
Stingrays (10 & under)	<ol style="list-style-type: none"> Coach's discretion 200 Free w/flipturns, solid stroke technique and no stopping 2 x 100 IM (:30 RI) with consistently legal strokes 	<i>To further develop upon correct technique as taught in FF, with expectations that technique can be maintained for longer distances.. Also will be taught backstroke flipturn and the underwater pullout for breast. Continue to develop on starts as skill</i>

		<p>level progresses. Basic interval and "set" understanding will also be taught.</p> <p><i>The Shark group is our top 10 & Under group and the majority of the swimmers in this group will begin to focus on championship level swimming. The focus will be on continued development of proper stroke techniques and great starts and turns. Athletes at this level will also begin to understand the concept of training and will learn the framework for workouts. This will prepare them for the next group levels but will also allow them to see rapid improvements in their ability to handle the competitive meet event list.</i></p>
<p>Sharks (10 & under)</p>	<ol style="list-style-type: none"> 1. Coach's discretion 2. Have understanding and ability to use the pace clock during workouts. 3. Be race start certified. 4. 12 x 50 IMO (:20 RI) with consistently legal strokes and turns. (Demonstrate the ability to do dolphin kick in streamline during fly, back, and free & 5 yard pullouts on breast) 5. 200 IM performed legally in a meet under 4:00SCY/4:15LCM 6. 500 Free with proficient turns, streamlines to 4 yards & breathing every 3 strokes, performed under 11:00 SCY. 	
<p>Lionfish (11-14)</p>	<p>Lionfish Silver:</p> <ol style="list-style-type: none"> 1. Swimmers must complete a 25 Free w/side breathing, a 25 Back, and basic understanding of Breaststroke/Fly. <p>Lionfish Gold:</p> <ol style="list-style-type: none"> 1. Swimmers must complete 200IM under 4:00 (SCY) or 4:30 (LCM). 2. 500 SCY Free: 10:00 or 400 LCM Free: 9:00 	<p><i>The Lionfish group is a transitional group that will have a range of swimmers from advanced beginners to near-Divisional level. Along with the increase in age range compared to the groups above, swimmers in this group will start to learn dedicated IM training and will be introduced to both more independent work as well as test-sets. At all times, they will be challenged to maintain excellent strokes, starts, and turns.</i></p>
<p>Seadogs (10-12)</p>	<ol style="list-style-type: none"> 1. Coach's discretion 2. 200 IM 3:30 SCY/3:45 LCM 3. 500 SCY Free: 8:00/400 LCM Free: 7:15 4. 10-and-under athletes: see below 5. IMX Score* 	<p><i>Our Divisional and State Group for 11-12 athletes as well as 10-year-old Zone qualifiers. This group will focus on preparing athletes for championship meet swimming.</i></p>
<p>Bluefins (12-14)</p>	<ol style="list-style-type: none"> 1. 200 IM 3:15 SCY/3:30 LCM 2. 500 SCY Free: 7:00/400 LCM Free: 6:15 3. 12-year-old athletes: see below 4. IMX Score* 	<p><i>Our Divisional and State Group for 13-14 athletes as well as 12-year-old Zone qualifiers. This group will focus on preparing athletes for championship meet swimming, the Senior group, and high school swimming. Advanced training concepts are taught and advanced effort levels are expected.</i></p>
<p>Seniors</p>	<ol style="list-style-type: none"> 1. Coach's discretion 2. Incoming Freshmen in High School 	<p><i>This is our highest level training group and is open to all swimmers of the appropriate age. A commitment to the schedule and to serious training and improvement is required.</i></p>

Notes:

Swimmers must post an IMX Score by swimming the following events legally in meets:

- 11-12 Group must post a 500 Free SCY or 400 Free LCM, 100 fly, 100 back, 100 breast, & 200 IM each SEASON.
- 13-14 Group must post 500 Free SCY or 400 Free LCM, 200 fly, 200 back, 200 breast, 200 IM, & 400 IM ANNUALLY after first full season as a 13 year old.

For a 10 year old to gain entry into the Seadog Group, he or she must attain all 11-12 standards, plus:

- 10 & under Zone cut required in at least 2 different strokes
- Demonstrated high attendance & maturity
- No technical issues across all 4 strokes, proficient and fast turns, and the ability to participate in more advanced swimming conversations
- Ability to maintain underwater fly kicks during all times at practice

For a 12 year old to gain entry into the Bluefin Group, he or she must attain all the 13-14 standards, plus:

- 11-12 Zone cut required in at least 2 different strokes
- 10 x 100 free swim @ 1:30 (SCY) or 1:40 (LCM) while breathing every 3 strokes and maintaining proficient 6 yard + streamlines, holding at least 5 seconds rest
- 10 x 100 kick @ 2:00 (SCY) or 2:10 (LCM) both in freestyle and one other stroke
- Demonstrated high attendance and maturity to handle a more mature training environment
- No technical issues across all 4 strokes, proficient and fast turns, and the ability to participate in more advanced swimming conversations
- Ability to maintain underwater fly kicks during all times at practice

How do you determine your group placement?

1. Age is the first determining factor. Please note your age for the SCY 2019-2020 season is determined by your age as of March 20th 2020.

2. 200IM and 500 Free SCY/400 Free LCM times are the next determining factor. There are a few different ways for you to look up these times:

- USA Swimming DeckPass app.

- Sign in to our own website and look for My Times.
- Go to USA Swimming website.
- Meet Mobile is slightly less accurate in tracking best times, as the Meet Mobile times are often in error and not technically "fully certified" in the eyes of Indiana Swimming/USA Swimming.
- Reference the chart above to determine what specific 200IM and 500/400 free time you are aiming for.

3. IMX Scores are the 3rd main factor. Reminder from above:

- 11-12 Group must post a 500 Free SCY or 400 Free LCM, 100 fly, 100 back, 100 breast, & 200 IM each SEASON.
- 13-14 Group must post 500 Free SCY or 400 Free LCM, 200 fly, 200 back, 200 breast, 200 IM, & 400 IM ANNUALLY after first full season as a 13 year old.
- You only need to accomplish these lists of events at a meet legally. There is not a minimum time standard per event.
- You can look at the same web/app sources referenced above to see if you have completed these events. Click [here](#) to view more info on the USA Swimming website about the IMX program.

4. If you have any questions about correct group placement, particularly during online registration, please [contact Coach Matt](#) at any time.

SSC Equipment List

All SSC athletes are expected to come to practice prepared each day. The following equipment is required for all swimmers:

- **t-shirt, shorts, socks, and athletic shoes for dryland**
- **swimsuit**
- **goggles**
- **swim cap** (girls mandatory, boys optional)
- **mesh bag**
- **kickboard**
- **fins**
- **water bottle**

Below is a list of additional required equipment for each group. An 'X' means the equipment is required every day for that practice group.

Group Name	Pull Buoy	Snorkel	Hand Paddles
Flying Fish			
Stingrays			
Sharks	X	X	
Lionfish	X	X	X
Sea Dogs	X	X	X
Bluefins	X	X	X
Seniors	X	X	X

All equipment can be found at [Elsmore Swim Shop](#). Please contact your group's head coach with any questions about equipment - especially if you are new to the sport.