

SST Training Groups/Placement Guidelines

Revised November 2014

All placements are at the sole discretion of the coaching staff.

These Guidelines give an idea of what we are looking for when making placements.

Lessons: Learn-to-Swim

SST offers lessons for non-swimmers, either in small groups or private lessons. We use modified Red Cross Learn-to-Swim levels. The goal is to develop basic water safety skills and to begin building the basic strokes. Class participants should be at least 5 years old and need only a desire to learn and have fun in the water. Membership on the Sheridan Swim Team is not required. More information can be found on the lessons portion of the team website.

Stroke Improvement (ages 6-8)

Attendance Expectations: Attendance is not mandatory, but 1-2 practices per week are recommended. Stroke Improvement swimmers may NOT practice more than 4 times per week.

Competition Expectations: Stroke Improvement swimmers are not required to attend meets, however, they may attend SST Home meets and local meets with approval of their group coach.

Technical Requirements:

- Must be able to swim safely in deep water.
- Must be able to swim Freestyle with rotary breathing.
- Must be able to swim Backstroke.
- Must be able to perform basic Breaststroke or Butterfly kick.
- An SST Coach or Swim Instructor must conduct the evaluation and approve placement in the group.

Performance Requirements:

- There are no performance requirements for the Stroke Improvement group.

Group Emphasis: This group focuses primarily on building proficient freestyle and backstroke. Swimmers will also begin learning basic breaststroke and butterfly. Much of their time in the pool will be spent developing a strong and consistent kick in all four strokes. Swimmers will also learn basic racing starts and turns. Practices are designed to continue to develop water safety skills in a fun environment.

Age Group I (ages 8-10)

Attendance Expectations: Attendance is not mandatory, but a minimum of 2-3 practices per week are recommended. Age Group I swimmers may NOT practice more than 5 times per week.

Competition Expectations: Age Group I Swimmers are expected to compete in all SST hosted meets and local meets. Age Group I swimmers may swim invitational meets with approval of their group coach.

Technical Requirements:

- Must be able to swim 25 yards of race legal freestyle, backstroke and either breaststroke or butterfly.
- Must meet requirements for USA Swimming certified racing starts.
- Age Group I group coach must conduct the evaluation and approve placement in the group. Previous group coach must release the swimmer into the new group.

Performance Requirements:

- Must have competed in at least two (2) strokes in a meet

Group Emphasis: This group will work on improving stroke technique and proficiency in all four strokes. In addition, this group will work on improving fundamental starts and turns in all strokes. There will be a large emphasis on developing a strong and consistent kick for all four strokes. Basic interval training and clock-reading skills will be introduced. Basic dryland and warmup exercises are

periodically introduced to develop motor skills in each swimmer. Practices are designed to build technical proficiency in swimming in a fun environment.

Age Group II (ages 9-12)

Attendance Expectations: There will be a minimum expectation of 50% practice attendance.

Competition Expectations: Age Group II swimmers will be expected to compete in all SST hosted meets and local meets. Additionally, appropriate meets will be suggested on the seasonal meet schedule and swimmers may attend travel meets as approved by their group coach. Any Age Group II swimmer qualifying for Illinois Swimming Championship meets as an individual or relay swimmer will be expected to compete.

Technical Requirements:

- Must be technically proficient in all four (4) strokes.
- Must be able to swim a 200 yard Individual Medley without stopping.
- Must be technically proficient in short and long axis turns and be able to perform a breaststroke pull-out.
- Must meet requirements for USA Swimming certified racing starts.
- Age Group II coach must conduct the evaluation and approve placement in the group. Previous group coach must release the swimmer into the new group.

Performance Requirements:

- Must be IM Ready Eligible based on meet results in current or previous season. (100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM in SCY for 10 &U. 200 Free, 50 Back, 50 Breast, 50 Fly, 100 or 200 IM for 11 and 12 year olds)
- Must be able to swim 10x50 free on 1:00 cycle, kick 10x50 on 1:15 in more than one stroke, and swim 4x100 IM on 2:15.

Group Emphasis: Swimmers will continue to develop proficiency and efficiency in all four strokes, as well as starts and turns. Athletes will be introduced to higher levels of competition. Swimmers will regularly participate in basic dryland exercises and warmups to develop core body strength and motor skills. There will be continued emphasis on developing a strong and consistent

kick in all four strokes. This group will also have a strong emphasis in developing the underwater dolphin kick. Practices are designed for swimmers to LEARN TO TRAIN.

Junior Varsity (ages 10-13)

Attendance Expectations: There will be a minimum expectation of 70% practice attendance.

Competition Expectations: Junior Varsity Team swimmers will be expected to compete in all SST hosted meets and the local meets. Swimmers are expected to plan with coaches to travel to several other meets throughout the year to seek out more elite competition. Any swimmer qualifying for Illinois Swimming Championship meets as an individual or relay swimmer will be expected to compete.

Technical Requirements:

- Must be technically proficient in all four (4) strokes.
- Must be able to swim a 400 Individual Medley without stopping.
- Must be technically proficient in all starts, turns and breaststroke pull-outs.
- Must be proficient in the underwater dolphin kick.
- Must be able to read basic workout sets and clock intervals independently.
- Junior Varsity coach must conduct the evaluation and approve placement in the group. Previous group coach must release the swimmer into the new group.

Performance Requirements:

- 12 and Under swimmers must be IM Extreme Eligible based on meet results in current or previous season. (200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM for 10 year olds. 400/500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM for 11 and 12 year olds)
- 13 year olds must have obtained at least 3 NAG BB standard times, one of which must be the 200 IM.
- Must be able to swim 10x100 Free on 1:30, kick 10x50 on 1:05 in more than one stroke, swim 4x200 IM on 3:30 and kick 10x25 under water dolphin with fins on 0:45.

Group Emphasis: This group will emphasize more advanced technique in all strokes, including refined starts and turns. Swimmers will improve the underwater dolphin kick. Goal setting and mental preparation will be introduced. Dryland will be an increased part of training with 1-2 sessions per week. Swimmers will be encouraged to qualify for Illinois Swimming Regional and State Championship meets. Practices are designed for swimmers to TRAIN TO TRAIN.

Senior Prep (ages 11-14)

Attendance Expectations: There will be a minimum expectation of 80% practice attendance.

Competition Expectations: Senior Prep Swimmers will be expected to participate in SST hosted meets, Local meets and travel meets as discussed and planned with their group coach. Any swimmer with qualification times will be expected to compete at Illinois Swimming Championship meets and other elite meets scheduled for the team/individual.

Technical Requirements:

- Must be able to swim a 400 IM and 800 Free without stopping.
- Must be technically proficient in all starts, turns and breaststroke pull outs.
- Must excel in performing the underwater dolphin kick.
- Must be able to read all workout sets and clock intervals independently.
- Senior Prep Coach must conduct the evaluation and approve placement in the group. Previous group coach must release the swimmer into the new group.

Performance Requirements:

- 12 and Under swimmers must have obtained at least 3 NAG AA standard times, one of which must be the 200 IM.
- 13 year olds must have obtained at least 4 NAG A standard times, one of which must be the 400 IM.
- Must be able to swim 10x100 Free on 1:20, kick 10x50 on :55 in more than one stroke, swim 3x400 IM on 7:00 and kick 10x25 under water dolphin with fins on :35.

Group Emphasis: This group will emphasize perfecting advanced technique in all strokes, including advanced starts and turns. Swimmers will perfect the underwater dolphin kick. Goal setting and mental preparation will become a larger emphasis. Dryland will be an increased part of training with 1-2 sessions per week. Swimmers will be encouraged to qualify for Illinois Swimming Age Group and Senior State Meets. Practices are designed for swimmers to TRAIN TO COMPETE.

Senior Varsity (13+)

Attendance Expectations: There will be a minimum expectation of 90% practice attendance.

Competition Expectations: Senior swimmers will be expected to participate in travel meets as discussed and planned with their group coach. Any swimmer with qualification times will be expected to compete at Illinois Swimming Championship meets and other elite meets scheduled for the team/individual.

Technical Requirements:

- Must be able to swim a 400 IM and 1000 Free without stopping.
- Must be technically proficient in all strokes, starts and turns, including the breaststroke pull out.
- Must excel in performing the underwater dolphin kick.
- Must be able to read all workout sets and clock intervals independently.
- Senior coach must conduct the evaluation and approve placement in the group. Previous group coach must release the swimmer into the new group.

Performance Requirements:

- 13 year olds must have obtained at least 3 NAG AA Standard Times, one of which must be the 400 IM.
- Must be able to swim 10x100 Free on 1:15, kick 10x50 on :50 in more than one stroke, swim 3x400 IM on 6:00 and kick 10x25 underwater dolphin with fins on 0:30.

Group Emphasis: This group will emphasize perfecting advanced techniques in all strokes, including advanced starts and turns. Swimmers will perfect the underwater dolphin kick. Goal setting and mental preparation will become a larger emphasis. Dryland will be an increased part of training with 1-2 sessions per week. Offseason weight training will be introduced. Swimmers will be encouraged to qualify for Illinois Swimming Age Group and Senior State meets, as well as Speedo Sectionals, Speedo Zones, Grand Prix, Junior National and National Meets. Any swimmer with aspirations of swimming in college will work with the coaches to make that a practical reality. Practices are designed for swimmers to COMPETE TO ACHIEVE.