

NATIONAL TRACK

NATIONAL FOCUS GROUP

Ages: 14+ (9th grade-Post Grad), Invitation by Head Coach
Performance Goals: Develop highly efficient stroke technique and execute advanced race strategies, complete IMX event series, place top 16 at LSC State Championships, achieve USA Sectional and Junior/Senior National Time Standards, progress to collegiate swimming
Mental Goals: Develop and demonstrate team leadership and emotional maturity, balance high level academic and athletic commitments, successful long-term goal setting and planning, value contributions to the team
Training: Advanced aerobic and event-specific training while maintaining a mastery of basic fundamentals, fine-tuning advanced technique of all strokes, additional dryland and resistance training, self-motivated and self-accountable at all times, kicking
Attendance Requirement: 90% season-long in-water attendance

CHALLENGE TRACK

SENIOR GROUP

Ages: 14+ (9th Grade-Post Grad)
Performance Goals: Continued development of advanced stroke technique, complete IMX event series, achieve Divisional, State, and USA Sectional time standards, progress to National Focus Group or collegiate swimming
Mental Goals: Successfully balance academic and extracurricular schedules, understand long-term goal setting, promote teamwork, develop self-confidence
Training: Introduction and continued development of more rigorous aerobic training, fine-tuning technical development, incorporating stroke/event-specific training, additional dryland and resistance training, self-motivated and self-accountable at all times, kicking

BLUE GROUP

Ages: 11-14 (6th-8th grade), Invitation by Head Coach
Performance Goals: Develop advanced technical efficiency and execute elevated race strategies, place top 16 at LSC State Championships, achieve USA Sectional time standards, complete IMX series events, progress to National Focus or Senior Group
Mental Goals: Successfully balance academic and extracurricular schedules, understand long-term goal setting and delayed gratification
Training: Introduction to more rigorous aerobic training, fine-tuning technical development, establishing and meeting training goal times, self-accountability throughout all phases of practice, kicking
Attendance Requirement: 80% season-long attendance

RED GROUP

Ages: 11-14 (6th-8th grade)
Performance Goals: Understand and execute appropriate race strategies, continue improving overall stroke technique, achieve Divisional and State time standards, complete IMR and IMX event series, progress to Blue or Senior group
Mental Goals: Learn to balance school and extracurricular schedules, understand and value the connection between hard work and success, develop self-confidence
Training: Continued technical development, introduction to aerobic training, maintaining proper technique throughout practice, kicking

YELLOW GROUP

Ages: 8-11, Invitation by Head Coach
Performance Goals: Perform technically proficient strokes and execute appropriate race strategies, complete IMX event series, progress to Blue or Red Group
Mental Goals: Learn to balance school and extracurricular schedules, goal setting, recognize the relationship between success and hard work
Training: Continued technical development, introduction to aerobic training, kicking
Attendance Requirement: 70% season-long attendance

GREEN GROUP

Ages: 8-12
Performance Goals: Further develop technique of all 4 strokes including appropriate starts and turns, complete IMR event series, progress to Yellow or Red Group
Mental Goals: Understand practice sets, read the pace clock, understand the importance of proper technique, promote teamwork, develop self-confidence
Training: Introduction of training sets and intervals, technical focus, kicking

Exploration II

Ages: 7-10

Goals: Have FUN, continue technical development, incorporate longer swims throughout practice, participate in SWAC hosted meets, begin to understand the value of times, progress to Green Group

Exploration I

Ages: 6-9

Goals: Have FUN, complete 25 yards of each stroke legally, learn basic starts and turns for each stroke, participate in SWAC hosted meets

SWAC Swim School

Ages: 3+, entry level

Goals: Have FUN, learn fundamental movements of each stroke, enjoy the sport, progress to competitive team