

Group descriptions are intended to serve as an overview to set and explain the different expectations around skills, practice frequencies, typical age ranges, and meet requirements for each group. The coaches together, exercise sound judgment and discretion in assigning each athlete to the groups that best suit each swimmer's level of experience and overall readiness. While there is at times some subjectivity in such decisions, KING's overall goal is to deliver a positive, well rounded experience to each member to develop and stoke their love of the sport.

If there are questions you have around any of the groups and where your child may register, please email coaches@kingaquaticclub.com at any time.

We look forward to hearing from you!

GO KING!

PG-1

PG-1 is our entry-level group, introducing young athletes to the world of competitive swimming. This group develops each athlete's technique through the teaching and application of drills and skills as the foundation for sound, basic swimming fundamentals and race strategies upon which future stroke and racing development is built. In addition, this group continues to emphasize and build each athlete's sense of fun and enjoyment of the sport while nurturing an appreciation of the skills and idea of competing in the sport of swimming. Practices last 45 minutes in the water with 15 minutes of dryland each day. Meets are offered approximately every 4-6 weeks throughout the season. Swimmers must be able to swim freestyle and backstroke across the pool for entry into this group. The ideal age is 6-9 years old, but is not limited to that range.

Practice frequency: 2-3x/week.

PG-2

PG-2 is the next progression in our group structure and continues to develop athlete's fundamental stroke techniques while preparing swimmers to race. It is a great place for newer competitive swimmers coming from summer league or advanced swim lessons, who are interested in committing to a minimum of two-to-three practices a week. In addition to stroke technique, we emphasize skills that develop teamwork, teach introductory goal setting, basic training etiquette, and good sport behavior. Practices last 1 hour in the water with 15 minutes of dryland.

Meets are offered every 4-6 weeks throughout the season. Swimmers must be able to swim freestyle, backstroke, breaststroke, butterfly, experience with starts and turns, and ideally, will have had basic competitive swimming experience. A typical age range for PG-2 is 8-11 years old, and group placement between PG-1 and PG-2 may be determined by overall swimming experience and competition readiness.

Practice frequency: 4x/week.

Age Group

This is a competitive group that teaches intervals, offers more challenging workouts, continued improvement of all four competitive strokes and related starts, turns, finishes, and racing strategies. This group builds upon the fundamental swimming skills learned in PG-2. More advanced drills and training techniques are introduced progressively to improve overall coordination and efficiency in water. Swimmers are encouraged to attend practice regularly and participate in swim meets. Competitive goals include PNS Champs participation, longer swims in both distance, time, and sets, while the athlete continues to develop their proficiencies in strokes, turns and finish techniques with increased stamina. Practice lasts 1.5-2 hours in the water with 30 minutes of dryland. Meets are typically offered once a month throughout the season. Most athletes in this group range between 9-12 years old, although age is just one determining factor.

Practice frequency: 5x/week.

Regional

This program is tailored for swimmers who have dedicated themselves to the sport of swimming, and are capable of consistently performing difficult training sets in practice, and strive towards becoming Age-Group Regional finalists and Sectionals qualifiers. Swimmers can expect to be challenged on aerobic and anaerobic levels while embracing cutting edge and creative training techniques and drills, both in and out of the pool all season long. It is the first group on KING that will hold swimmers to an attendance requirement (80%) for all practices. Practices are offered 6-times per week, for 1.5-2 hours in the water and 30 minutes of dryland. Meets occur every 3-5 weeks throughout the season. Swimmers in this group range between ages 10-13 years old.

Practice frequency: 6x/week.

POWER

The POWER group is designed for high school aged swimmers who want to develop their competitive swimming skills without committing to the more rigorous groups that have attendance requirements. This group is also well suited for athletes who have had a competitive swimming background and have developed an interest outside the sport. It is an effective bridge between Regional and Senior for athletes who seek more flexibility in their schedules but want to continue swimming competitively. POWER group swimmers are offered the same cutting edge and creative training techniques as other groups, encouraged to develop their competitive skills through meet involvement, but with more flex on schedules and participation since meets are strongly encouraged but not mandatory throughout the season. Practices are offered 6-times a week, with no minimal attendance requirement. Workouts are typically 1.5 hours in the water with 30 minutes of dryland time. Meets are strongly encouraged, but not mandatory.

Practice frequency: 6x/week, but no minimum attendance requirement.

Senior

The Senior Group consists of 13 years and older swimmers who have the ability, desire and commitment to continue to develop their competitive swimming career. Challenging workouts are designed to help our Senior athletes qualify for the Sectional meet each season. Our Senior group is high intensity, highly technical, and focused on the following areas of improvement in swimming: Technique, Strength, Speed, and Endurance. In addition, there is continued development of their competition mindset, sportsmanship conduct, and overall leadership as a competitive swimmer. Our Senior group has a 90% attendance requirement with workouts offered 7-days per week. Workouts are typically 2-2.5 hours in the water with 30 minutes of dryland. Swimmers are expected to prioritize training with KING above other outside activities/high school swimming.

Practice frequency: 7x/week.

National

This is the highest level competitive group that KING offers. It is recommended for swimmers with Sectional times standards who wish to compete nationally and potentially in international competitions with a strong emphasis on qualifying for USA Junior Nationals and Nationals. This high intensity/high reward group trains 7-days per week, with 2.5-3 hours in the water and an individually specified dryland program using Bridge Athletic. Another goal for the National group is to aim for a college swimming experience. Assistance in the college recruitment process is offered to athletes in this group, to aid in assessing school programs, discussions with scouts who wish to meet the athletes, and as appropriate, campus and program visits. Swimmers have a 95% attendance requirement, are expected to give back to the team by being visible, active role models who are accessible and approachable to the members in other groups who aspire to develop into National level athletes. National athletes are expected to treat swimming as their #1 non-academic endeavor.

Practice frequency: 7x/week.

KING Masters

We offer a Masters program for athletes who have had past experience in competitive swimming, or have adopted swimming as a life sport as a part of cross-training for other sports they may have interest in. Masters swimmers are registered USA Swimmers and can sign up for and compete in Masters competitions as a KING athlete. Coaches do not plan or coordinate KING team representation at these meets, but offer relevant coaching to the varying needs and experiences of each Masters athlete. Practices are 2-3 times per week, and there is no minimum practice requirement.

Practice frequency: 2-3 times/week.