

# Sharks Swimming Age Group Program Training Groups

Bronze	Silver	Gold	Platinum I	Platinum II
Athletes who are new to the sport with no swim team experience.	Newer athletes who are still developing basic skills and a proficiency in all four strokes.	Athletes who know all four strokes and are ready for basic conditioning but still require skill development.	Athletes who have a solid foundation in all four strokes and are ready to be introduced to higher intensity endurance training.	Athletes with a strong technical foundation who are ready to be challenged daily to perform at the top of their age bracket.
<b>Entry Requirements:</b> <ul style="list-style-type: none"> <li>Can complete 1 length of the pool on front and back</li> </ul>	<b>Entry Requirements:</b> <ul style="list-style-type: none"> <li>Proficient in Free and Back</li> <li>Developing Fly and Breast</li> <li>Can handle 60 min structured workout</li> </ul>	<b>Entry Requirements:</b> <ul style="list-style-type: none"> <li>10&amp;U: 3 x B</li> <li>11-12: 1 x B</li> <li>13-14: -</li> <li>Has completed the IMR</li> </ul>	<b>Entry Requirements:</b> <ul style="list-style-type: none"> <li>10&amp;U: 3 x A</li> <li>11-12: 3 x B</li> <li>13-14: 1 x B</li> <li>Has completed the IMX</li> </ul>	<b>Entry Requirements:</b> <ul style="list-style-type: none"> <li>10&amp;U: 3 x AAAA</li> <li>11-12: 3 x A</li> <li>13-14: 3 x BB</li> <li>Has completed the IMX, 200 Bk, 200 Br, 1650 Fr</li> </ul>
<b>Competitive Goals:</b> <ul style="list-style-type: none"> <li>First Introduction to Competition</li> </ul>	<b>Competitive Goals:</b> <ul style="list-style-type: none"> <li>Compete at LESI Regional Championships</li> </ul>	<b>Competitive Goals:</b> <ul style="list-style-type: none"> <li>Compete at LESI Junior Olympics</li> </ul>	<b>Competitive Goals:</b> <ul style="list-style-type: none"> <li>Score points at LESI JO's</li> <li>Qualify for LESI Zone Team</li> </ul>	<b>Competitive Goals:</b> <ul style="list-style-type: none"> <li>Qualify for LESI Zone Team</li> <li>Qualify for USA Sectionals</li> </ul>
<b>Practices:</b> <ul style="list-style-type: none"> <li>45-min in water practices with 5 min of dryland activities</li> <li>Lap by lap skill instruction</li> </ul>	<b>Practices:</b> <ul style="list-style-type: none"> <li>60-min practices with 5-15 min of strength training</li> <li>Structured instruction, skill repetition, and basic strength building.</li> </ul>	<b>Practices:</b> <ul style="list-style-type: none"> <li>90-min practices with 10-20 min of strength training.</li> <li>Primary focus is technique and skill development.</li> <li>Introduction of basic strength, aerobic, and sprint work.</li> </ul>	<b>Practices:</b> <ul style="list-style-type: none"> <li>2-hr practices with 15-30 min of strength training</li> <li>Heavy emphasis on strength and aerobic fitness development</li> <li>Continued technique and skill development</li> </ul>	<b>Practices:</b> <ul style="list-style-type: none"> <li>2-hr practices with 15-30 min of strength training</li> <li>Heavy emphasis on high intensity speed and endurance training</li> <li>Continued skill refinement with an emphasis on race tactics</li> </ul>
<b>Strength Training:</b> <ul style="list-style-type: none"> <li>Games to promote movement and function</li> </ul>	<b>Strength Training:</b> <ul style="list-style-type: none"> <li>Games to promote movement and function</li> </ul>	<b>Strength Training:</b> <ul style="list-style-type: none"> <li>Games to promote function.</li> <li>Foundational strength development</li> </ul>	<b>Strength Training:</b> <ul style="list-style-type: none"> <li>More emphasis on dryland</li> <li>Basic strength development</li> </ul>	<b>Strength Training:</b> <ul style="list-style-type: none"> <li>Strong dryland emphasis.</li> <li>Basic strength development.</li> </ul>
<b>Expectations:</b> <ul style="list-style-type: none"> <li>Attends 2-3 practices per week.</li> <li>Competes in 2-3 meets per season.</li> </ul>	<b>Expectations:</b> <ul style="list-style-type: none"> <li>Attends 2-3 practices per week.</li> <li>Competes in 2-3 meets per season.</li> </ul>	<b>Expectations:</b> <ul style="list-style-type: none"> <li>Attends 3-4 practices per week.</li> <li>Competes monthly.</li> </ul>	<b>Expectations:</b> <ul style="list-style-type: none"> <li>Attends 4-5 practices per week.</li> <li>Competes monthly.</li> </ul>	<b>Expectations:</b> <ul style="list-style-type: none"> <li>Attends 5+ practices per week.</li> <li>Competes monthly.</li> </ul>
<b>Character &amp; Values:</b> <ul style="list-style-type: none"> <li>Low separation anxiety.</li> <li>Good listening skills.</li> <li>Enthusiasm for swimming and education.</li> <li>Efficient engagement in coach-initiated communication.</li> </ul>	<b>Character &amp; Values:</b> <ul style="list-style-type: none"> <li>Respect for coaches and administrators.</li> <li>Enthusiasm for swim training.</li> <li>Efficient engagement on guardian-initiated communication.</li> <li>Demonstrates self-identification of roster group member prioritized over self.</li> </ul>	<b>Character &amp; Values:</b> <ul style="list-style-type: none"> <li>Knowledge of common swimming terminology and concepts.</li> <li>Enthusiasm for athletic and competitive training.</li> <li>Efficient engagement in swimmer-initiated communication.</li> <li>Demonstrates self-identification of a swim team member prioritized over swim group.</li> </ul>	<b>Character &amp; Values:</b> <ul style="list-style-type: none"> <li>Experience in goal-setting.</li> <li>Demonstrates commitment to the sport as a means to achieve goals.</li> <li>Demonstrates a willingness to be challenged as a means to achievement.</li> <li>Demonstrates self-identification of an athletic community member prioritized over team community.</li> </ul>	<b>Character &amp; Values:</b> <ul style="list-style-type: none"> <li>Experience in long-term goal-setting.</li> <li>Prioritizes commitment to the sport.</li> <li>Demonstrates a willingness to be challenged as a means to achievement.</li> <li>Demonstrates a willingness to lead and encourage others.</li> </ul>