



## OUR MISSION

To provide a state-of-the-art swimming program that enables participants to achieve their highest goals in competitive swimming.

## OBJECTIVES

1. Provide excellent swimming instruction and state-of-the-art training
2. Create opportunities for challenging competition
3. Focus on continuous improvement, not just winning
4. Build self-confidence in every participant
5. Teach and promote goal-setting abilities
6. Build teamwork
7. Promote balance between swimming and other aspects of life
8. Be recognized for managing efficient swim meets
9. Make swimming engaging and fun for both parents and swimmers
10. Maintain the residents of Derry Township as our top priority

**USA Swimming Registration:** All members to the Hershey Aquatic Club will be registered for USA Swimming. . All fees have been included in your registration fees.

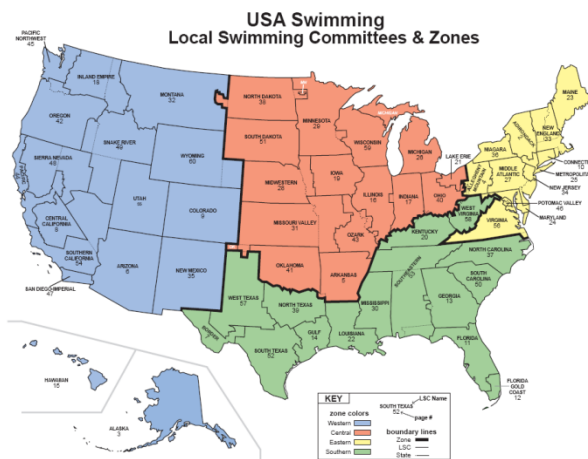
**Speedo USA Sponsorship:** Hershey Aquatic Club is sponsored by Speedo USA. Speedo provides HAC 20% discount on speedo swim suits, caps, warm ups, bags, and training equipment. Swimmers qualifying for Junior Nationals or higher are provided with a free LZR pro or Discounted LZR Elite, free warm ups, and swim bag. Swimmers purchasing tech suits from our team dealer T&T swimming will also be giving a 20% discount on these suits. Swimmers should not purchase other brand suits to compete.

## SWIMMING GOVERNMENTS

Hershey Aquatic Club is part of an extensive organization of swimming teams and governing committees that exists to regulate and supervise competitive amateur swimming.

### USA Swimming (usswim.org)

(USA-S) was established by Congress as the National Governing Body for competitive swimming in the United States. USA-S is a federation member of the international governing body of swimming, the *Federation International de Natation Amateur* (FINA). USA-S is divided into four zones: Eastern, Southern, Central, and Western. HAC is located in the Eastern zone which includes the following local swim committees (LSC): Middle Atlantic; Allegheny Mountain area (Western PA); Niagara, Adirondack, and Metropolitan New York; Maryland; Virginia and the Potomac Valley; New Jersey; Connecticut; New England; and Maine.

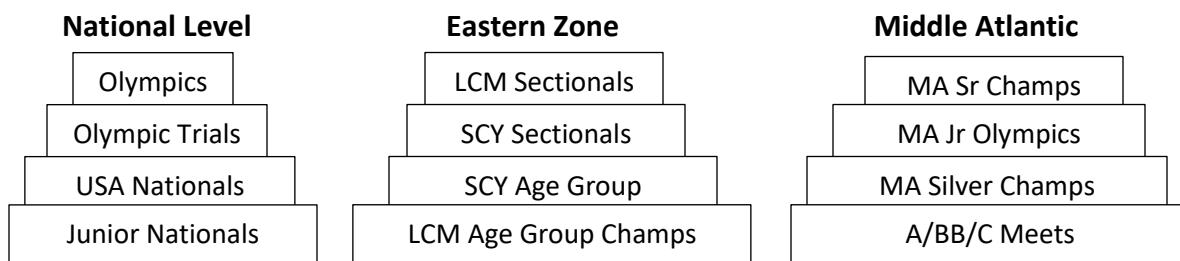


**Eastern Zone:** Middle Atlantic Swimming is part of the Eastern Zone of the US, which includes 11 other LSCs: Allegheny Mt. (Eastern PA); Niagara, Adirondack, and Metropolitan (NY); Maryland, Virginia, Potomac Valley, New Jersey, Connecticut, New England, and Maine. All four Zones (Eastern, Southern, Central, and Western) conduct All Star competitions and Sectional Meets for teams within their Zone.

**Middle Atlantic Swimming (maswim.org)** is an administrative arm of USA Swimming -- called a Local Swimming Committee (LSC) -- which supervises competitive swimming within established geographic boundaries. There are 59 LSCs in the United States.

- [About Middle Atlantic](#)
- [Middle Atlantic Swimming organization structure link.](#)

## Hierarchy of USA Swimming



**Central Pennsylvania Swim Association:** CPSA is a newly created league in central Pennsylvania that puts in emphasis on USA Swimming events in a dual meet format. More to come.....

**Mid Penn Swim League (swimmpls.org)** During the summer months, HAC is a member of the Mid Penn Swim League which includes the membership of YMCA's, community based swim clubs, and the additional municipal or area clubs that

compete only in the summer. MPSL is divided into A, B, and C Divisions according to team strength. At the end of each season, the B Division winner moves up into the A Division and the last place A Division team moves down to the B Division. Similarly, the C Division winner changes places with the last place B Division team. Divisions are reviewed by CPAL and reorganized based on changes in the teams' size and strength.

### **Types of Competitions:**

- **Dual/Tri Meets:**
  - Competition swimming against one or two other teams
  - Athletes compete in a maximum of 3 individual events
  - Competition runs for a maximum of 4 hours.
  - Entry Fees: \$2.00/individual event
- **Mini + Developmental**
  - Mini refers to swimmers ages 8 years and younger
  - Developmental refers to swimmers 12 years and younger that do not have "A+" times.
  - One day competition not lasting longer than 4 hours.
  - Entry Fees: \$5.00/individual event
- **A/BB/C Meets**
  - Competition is open to swimmers ages 9 and older of all abilities.
  - Competition is usually Friday evening (distance), Saturday, and Sunday.
  - Each session last a maximum of 4 hours. The session usually consist of two age groups (9-10 & 11-12; 13-14, 15 & Over). This may vary based on the meet host.
  - Entry Fees: \$5.00-\$6.00/individual event
- **IMX Competition**
  - **Swimmers must have swum the required events and meet the composite score required for entry.**
  - **Events:**
    - 10&Under: 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM
    - 11-12: 500 Free, 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM.
    - 13-14: 500 Free, 200 Free, 200 Fly, 200 Back, 200 Breast, 400 IM.
    - Entry Fees: may vary
- **Qualifying Meets**
  - Competition requires swimmers to meet specific time standards. These are formulated by the meet host.
  - Competitions take place locally, regionally, and nationally.
  - Duration of competition can be from 3-5 days.
  - Entry Fees: Vary depending on level of competition; \$5.00-\$15.00 plus athlete surcharges.
  - **2015-2016 National Meet Time Standards [HERE](#).**
  - **2013-2016 National Age Group Motivational Times [HERE](#).**
    - Long Course Meters (50 meters per length; Olympic Distance)
    - Short Course Meters (25 meters per length)
    - Short Course Yards (25 yard per length)

## Meet Entry Procedure

### USA Swimming, Invitational Meets, and Dual/Tri meets

*All entries will be completed through the Team Unify web site.*

[www.hersheyh2o.org](http://www.hersheyh2o.org)

1. Print out the season competition schedule [HERE](#).
2. Competitions with additional information can be found [HERE](#).
3. Entry Invitation email will be sent once the meet information becomes available. On this page you will be able to print out the **MEET INFORMATION**. Please read.
4. Upon receiving the meet invitation, you will be asked to declare that you “will be able to attend” or “will NOT be able to attend.” **Please select one or the other in the drop down box.**
5. CPSA Dual/Tri Meet Entries: you will only declare your availability. The Coaches will select the swimmer’s events.
6. Championship, A/BB/C, Mini, or Developmental Entries: you will declare your availability and select your swimmer’s events.
7. After you have submitted your entries, the Coaches will approve your event selection.  
***The Coaching staff reserves the right to modify any entries.***

## Swim Training Groups

The Hershey Aquatic Club (HAC) is divided into several training groups based on age, stroke proficiency, aerobic conditioning, mental and emotional maturity, and commitment to swimming and to the team. The progressive structure of these groups provides a setting in which swimmers are continually challenged yet are able to experience individual and team success.

Training group advancements are determined by the available space in each training group and the readiness of each individual. Each training group performs monthly test sets that are heavily considered when advancing individuals.

Swimmers age for training group classification is based on December 1 for the winter season and June 1 for the summer season.

The head coach will make the final decision on practice group placement.

### **Age Group Bronze (AGB) - Ages 6-10** (Coach Kathy Roberts)

This is an entry-level developmental group where the focus is placed on ensuring that athletes are having fun, forming strong team bonds, developing strong fundamental skills in all four competitive strokes, building a great kicking foundation, and learning the basics of strong racing skills.

- **Training Facility:** VISTA School (1021 Springboard Drive, Hershey, PA 17033); 25 yard 4 lane pool.
- **Training Equipment:** Swim suit, goggles, swim cap, training fins, youth snorkel.

#### **Requirements to enter AGB**

Swimmers must be able to complete 50 yards of both freestyle and backstroke.

#### **Practices Attendance**

For regular improvement, swimmers are strongly encouraged to practice 3 of the 4 practices offered each week.

#### **Meet Attendance**

Swimmers are encouraged to attend one meet per month or 3 of 4 league competitions offered as well as an end of the season championship competition.

#### **Goals for Age Group Bronze**

By the time swimmers move out of the AGB group they should be able to complete all of the following:

- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate a strong technical understanding of all four competitive strokes and turns
- Demonstrate a strong technical understanding of forward and backward racing starts
- Demonstrate consistency in going at least 5 yards of underwater kick in a streamline body position off of all starts and turns
- Achieve a legal time in the following events in either league, USA Swimming Mini meets (9 years and young), or local invitational competitions; 8 years & younger 25 of each stroke and 100 Individual Medley; 9 years and older 50 of each stroke and 100 Individual Medley.

## **Age Group Silver (AGS) - Ages 7-10** (Coach Amanda Guy)

This is an entry-level developmental group where the focus is placed on ensuring that athletes are having fun, forming strong team bonds, developing strong fundamental skills in all four competitive strokes, building a great kicking foundation, and learning the basics of strong racing skills. They begin developing an aerobic foundation.

- **Training Facility:** VISTA School (1021 Springboard Drive, Hershey, PA 17033); 25 yard 4 lane pool.
- **Training Equipment:** Swim suit, goggles, swim cap, training fins, youth snorkel.

### **Requirements to enter AGS**

Swimmers must have accomplished the goals set forth in AGB. Swimmers may be placed in this group without having been in diamond 2 if they have shown the necessary skills during the Pre Competitive program.

### **Practices Attendance**

For regular improvement, swimmers are strongly encouraged to practice 3 of the 4 practices offered each week.

### **Meet Attendance**

Swimmers are encouraged to attend one meet per month or 3 of 4 league competitions offered as well as an end of the season championship competition.

### **Goals for Age Group Silver**

By the time swimmers move out of the AGS group they should be able to complete all of the following:

- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate a strong technical understanding of all four competitive strokes and turns
- Demonstrate a strong technical understanding of forward and backward racing starts
- Demonstrate consistency in going at least 5 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate an ability to read the pace clock and understand basic intervals.
- Achieve the 9-10 "BB" Time standard in the in a minimum of three events.
- Must be able to complete a timed 500 Free better than 9:30 and a 200 IM better than 3:45.

## **Age Group Gold - Ages 9-12** (Coach Amanda Guy)

This is a competitive training group aimed at developing advanced technical skills and a strong aerobic foundation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport. The training emphasis of this group is centered on continuing to develop strong technical skills in all four strokes, starts, turns and underwater work, as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season.

- **Training Facility:** VISTA School (1021 Springboard Drive, Hershey, PA 17033); 25-yard 4 lane pool.
- **Training Equipment:** Swim suit, goggles, swim cap, training fins, youth snorkel.

### **Evaluation Guidelines**

Only swimmers ages 9-12 will be considered for the AGG. Swimmers who will turn 9 within 3 months of the evaluation date may be evaluated at the discretion of the coaching staff.

### **Requirements to Enter Bronze Group**

To be considered for placement into the AGG swimmers must first be able to complete the Goals of the AGS. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- In practice timed 500 Free under 9:30 with flip turns
- In practice timed 200 IM under 4:00 with legal turns
- In practice timed 200 kick under 4:20 doing either flutter, breast, or dolphin kick

Swimmers coming from another team must provide proof of legal times in 100 Free, 100 IM, 50 Back, 50 Breast, and 50 Fly. Times must be better than the 9-10 BB times standard.

### **Practice Attendance**

For regular improvement, swimmers are strongly encouraged to attend 3 out of the 4 practices offered per week from September through May and 4 out of 5 practices June through July.

### **Meet Attendance**

During the winter season, swimmers are expected to participate in at least two USA Swimming and 3 league dual meets during the short-course season (winter), as well as the highest level championship meet they are qualified for at the end of each season. Ex: Eastern Zones, Junior Olympics, Silver Champs, and or league championships. During the summer season, Swimmers are encouraged to compete in at least one USA Swimming long course meter (LCM) competition and 2 of 4 summer league dual meet competitions and the highest level championship competition. Ex: Junior Olympics or League Championships.

### **Goals of the Age Group Gold**

By the time swimmers move out of the Bronze group they should be able to complete all of the following:

- Demonstrate courteous behavior towards coaches and other swimmers
- Achieve an 11-12 BB time standard in at least 2 different strokes and the 100 IM or 200 IM.
- Demonstrate a mastery of the track start and backstroke start
- Demonstrate consistency in going at least 7 ½ yards of underwater kick in a streamline body position off of all starts and turns.
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Must be able to complete a timed 500 Free better than 7:15, 200 IM better than 3:10, and 300 Kick better than 5:45.
- Achieve a legal time in the following events in either a league or USA Swimming sanctioned competition – 100 Freestyle, 100 Backstroke, 100 Breaststroke, 100 Butterfly, 200 Individual Medley, 500 Freestyle
- Demonstrate consistent practice attendance (3 out of 4 practices per week)

Swimmers ages 13 and older or older that have not successfully demonstrated all of the goals of the Diamond 2 group will be deferred to the Discovery group.

## **Pre-Senior Silver (PSS) - Ages 11-14 (Coach Jeff Fastrich)**

This is a competitive training group designed to prepare swimmers all USA Swimming competitive events. The emphasis of Silver 2 is on mastering the following skills necessary to be successful competitive swimmers – training etiquette, advanced stroke mechanics, training and race strategies, goal setting, proper nutrition, mental preparation, and the ability to handle increasing training workloads. Swimmers will participate in a dry land program to help develop core body strength, basic strength in the shoulders and legs, and overall body control and coordination.

- **Training Facility:** Milton Hershey Catherine Hall (8 Lanes); Milton Hershey Spartan Center (6 lanes).
- **Training Equipment:** Swim suit, goggles, swim cap, training fins, training snorkel, pull buoy, kick board, hand paddles, and mesh equipment bag.

### **Evaluation Guidelines**

Only swimmers ages 11-13 will be evaluated for the PSS group. Swimmers who will turn 10 within 3 months of the evaluation date may be evaluated at the discretion of the coaching staff.

### **Requirements to Enter PSS**

To be considered for placement into the Silver 2 group swimmers must first be able to complete the Goals of the AGG. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- In practice timed 500 Free under 7:15 with flip turns
- In practice timed 200 IM under 3:10 with legal turns
- In practice timed 200 kick under 5:45 doing either flutter, breast, or dolphin kick

Swimmers must have achieved an 11-12 BB time in at least three different competitive strokes.

Swimmers must have achieved a legal time in either league or USA Swimming competition in the following events

- 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Free, 200 Individual Medley, and 500 Freestyle.

### **Practice Attendance**

Swimmers in the Silver group are required to attend 4 out of 5 practices offered per week during the months of November through February and June through July. We do understand athletes may do other fall and spring sports for their schools, so those months are more relaxed. Athletes who fail to meet this requirement, evaluated each season, will be moved to the group that best matches their ability level.

### **Meet Attendance**

During the winter season, swimmers are expected to participate in at least two USA Swimming and 3 league dual meets during the short-course season (winter), as well as the highest level championship meet they are qualified for at the end of each season. Ex: Eastern Zones, Junior Olympics, Silver Champs, and or league championships. During the summer season, Swimmers are encouraged to compete in at least one USA Swimming long course meter (LCM) competition and 2 of 4 summer league dual meet competitions and the highest level championship competition. Ex: Junior Olympics or League Championships.

### **Goals of the Pre-Senior Silver**

By the time swimmers move out of the PSS group they should be able to complete all of the following:

- Demonstrate consistent practice attendance habits (4 out of 5 practices offered per week)
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns in butterfly and backstroke.
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills.
- Demonstrate an ability and willingness to train and compete in all strokes and distances.
- Demonstrate a proven ability to maintain a positive attitude and focus during workout and has an understanding of how their actions affect their teammates.
- Demonstrate respect for all members of the coaching staff.



- Demonstrate a basic understanding of goal setting skills.
  - 11 & 12 yos, achieve an A time standard in at least 3 events and the 100 and 200 IM; 13-14 yos. Achieve BB time standards in at least 3 events and the 200 and 400 IM.
  - Swimmers must have achieved a legal time in either league or USA Swimming competition in the following events – 11-12 yos: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, 200 Free, and 500 Freestyle; 13-14 yos: 200 & 500 Free, 200 & 400 Individual Medley, 100 of each stroke and at least 2 strokes at the 200 distance.
  - Demonstrate a mastery of basic core body dry land exercises
- Swimmers not achieving the above goals will remain in PSS until the finish grade 8. They will then be moved Senior Silver when entering High School.

## **Pre-Senior Gold - Ages 11-14 (Coach Jeff Fastrich)**

This is a highly competitive training group designed to prepare swimmers for Junior Olympics or higher levels of competition. The emphasis will be on increased aerobic conditioning, skill development, and the physical, mental and emotional preparation. This group will focus on issues such as advanced stroke mechanics, perfecting race strategies, proper nutrition, individual goal setting and developing an understanding of the importance of proper mental preparation. Training will include a specifically designed dry land conditioning program.

- **Training Facility:** Milton Hershey Catherine Hall (8 Lanes); Milton Hershey Spartan Center (6 lanes).
- **Training Equipment:** Swim suit, goggles, swim cap, training fins, training snorkel, pull buoy, kick board, hand paddles, and mesh equipment bag.

### **Requirements to Enter Pre Senior Gold**

To be considered for placement into the Pre Senior Gold, swimmers must first be able to complete the *Goals of the Pre Senior Silver*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- In practice timed 1000 Free under 13:00
- In practice timed 400 IM under 6:00
- In practice timed 300 kick under 5:15 doing either flutter, breast, or dolphin kick
- Swimmers must have achieved a legal time in either league or USA Swimming competition in the following events – 13-14 yos: 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle; 11-12 yos: 100 Fly, 100 Back, 100 Breast, 200 Free, 200 IM, and 500 Free.

### **Practice Attendance**

Swimmers are **required** to attend a minimum of 4 practices per week starting November through March and June through July. ***Dry land workouts are required during these months.*** Athletes, who fail to meet this requirement, evaluated over each season and will be moved to either the Silver 2 group or Senior B depending on their age.

### **Meet Attendance**

During the winter season, swimmers are expected to participate in at least four USA Swimming and 2 league dual meets during the short-course season (winter), as well as the highest level championship meet they are qualified for at the end of each season. Ex: Eastern Zones, Junior Olympics, Silver Champs, and or league championships. During the summer season, Swimmers are encouraged to compete in at least three USA Swimming long course meter (LCM) competition and 2 of 4 summer league dual meet competitions and the highest level championship competition. Ex: Junior Olympics, Eastern Zones, or EZ Sectionals.

### **Goals of the Pre-Senior Gold**

The primary goal of the PSG is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to move into Senior Gold. When swimmers move out of the Silver 1 group they should be able to complete all of the following:

- Achieve 13-14 AA time standards in at least two different strokes.
- Demonstrate the highest possible commitment to practice attendance (5 per week)
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate a commitment to attending all meets prescribed by the coaching staff
- Demonstrate a commitment to attending all dry land sessions offered
- Demonstrate a commitment to balance academics with swimming, striving for excellence in both
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff

- Demonstrate willingness to work together as a team in reaching for the highest level of individual and team performance possible
- Demonstrate the mental skills necessary to succeed at a national level of competition
- Demonstrate a mastery of basic core body dry land exercises

### **Senior Silver- Grades 9-12 (Coach Greg Fastrich)**

This is a competitive training group designed to prepare swimmers all USA Swimming competitive events. The emphasis of Senior B is on mastering the following skills necessary to be successful competitive swimmers – training etiquette, advanced stroke mechanics, training and race strategies, goal setting, proper nutrition, mental preparation, and the ability to handle increasing training workloads. Swimmers will participate in a strength training program to help develop full body strength, and overall body control and coordination.

- **Training Facility:** Milton Hershey Catherine Hall (8 Lanes); Milton Hershey Spartan Center (6 lanes); Palmyra Area High School (6 Lanes); **Strength Training** at Hershey High School (Only Derry Township students can participate.)
- **Training Equipment:** Swim suit, goggles, swim cap, training fins, training snorkel, pull buoy, kick board, hand paddles, and mesh equipment bag.

### **Evaluation Guidelines**

High School aged swimmers not meeting the necessary training qualifications or not in the top 30 high school training athletes will be placed in Senior Silver.

### **Practice Attendance**

Swimmers in Senior Silver are required to attend 5 out of 5 practices offered per week during the months November through February and June through July. We do understand athletes may do other fall and spring sports for their schools, so those months are more relaxed. Athletes who fail to meet this requirement will not be considered for Senior A the following season.

### **Meet Attendance**

During the winter season, swimmers are expected to participate in at least two USA Swimming competitions. League dual meets are optional during the short-course season (winter). They should compete as the highest level championship meet they are qualified for at the end of each season. Ex: League Championships, MA Senior Championships, Silver Champs, EZ Sectionals, and/or USA National level meets. During the summer season, Swimmers are encouraged to compete in at least two USA Swimming long course meter (LCM) competition and 2 of 4 summer league dual meet competitions and the highest level championship competition. Ex: League Championships, MA Senior Championships, MA Silver Champs, EZ Sectionals, and/or USA National level meets.

### **Goals of Senior Silver**

By the time swimmers move out of the Senior Silver, they should be able to complete all of the following:

- Demonstrate consistent practice attendance habits (5 out of 5 practices offered per week)
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns in butterfly and backstroke.
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills.
- Demonstrate an ability and willingness to train and compete in all strokes and distances.
- Demonstrate a proven ability to maintain a positive attitude and focus during workout and has an understanding of how their actions affect their teammates.
- Demonstrate respect for all members of the coaching staff.
- Demonstrate a basic understanding of goal setting skills.
- 13-14 yos: achieve an AA time standard in at least 3 events and the 200 IM; 15&0 yos: Achieve A time standards in at least 3 events and the 200 and 400 IM.
- Swimmers must have achieved a legal time in either league or USA Swimming competition in the following events 200 & 500 Free, 200 & 400 Individual Medley, 100 of each stroke and at least 2 strokes at the 200 distance.

## **Senior Gold – Grades 9-12** (Coach Greg Fastrich and Jeff Fastrich)

This is a highly committed group of athletes preparing for the MA Senior Champs, Sectionals, and/or national level competitions. This group will focus on issues such as advanced stroke mechanics, training of specific energy systems, perfecting race strategies, proper nutrition, individual goal setting, team goal setting, and developing and understanding of the importance of proper mental preparation for high performance. Training will include specifically designed dry land strength and conditioning program.

- **Training Facility:** Milton Hershey Catherine Hall (8 Lanes); Milton Hershey Spartan Center (6 lanes); Palmyra Area High School (6 Lanes); **Strength Training** at Hershey High School (Only Derry Township students can participate.)
- **Training Equipment:** Swim suit, goggles, swim cap, training fins, training snorkel, pull buoy, kick board, hand paddles, and mesh equipment bag.

### **Requirements to Enter Senior Gold**

Swimmers will enter the Senior A group only upon invitation of the head group coach. To be considered for placement into the Senior A group swimmers must first be able to complete the goals of either the PSG or Senior Silver group. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- In practice times in 3 x 300 Avg under 3:25
- In practice timed 400 IM under 5:15
- In practice timed 300 kick under 5:15 doing either flutter, breast, or dolphin kick
- In practice timed 1000 Pull under 12:00
- Be in the top 36 high school aged athletes of the above combined 100 pace times.
- Swimmers must have achieved a 15-16 A time in at least two different competitive strokes
- Swimmers must have achieved a legal time in either league or USA Swimming competition in the following events – 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle and either the 1000 or 1650 Freestyle.

Within one year, Gold group swimmers ages 15 and older must have achieved at least three (3) MA Senior Championship qualifying standards in order to remain in the group.

### **Practice Attendance**

Swimmers are **required** to attend a minimum of 5 practices per week and all morning workouts. ***The head coach must be notified by parent of swimmer for any missed practices.*** Athletes who fail to meet this requirement, evaluated over each month, will be moved to either the Senior Silver.

### **Meet Attendance**

During the winter season, swimmers are expected to participate in at least three USA Swimming competitions. League dual meets are optional during the short-course season (winter). They should compete as the highest level championship meet they are qualified for at the end of each season. Ex: League Championships, MA Senior Championships, Silver Champs, EZ Sectionals, and/or USA National level meets. During the summer season, Swimmers are encouraged to compete in at least three USA Swimming long course meter (LCM) competition. Summer league meets are optional if fulfilling the previous requirement. Mandatory attendance at the highest level championship competition is required. Ex: League Championships, MA Senior Championships, MA Silver Champs, EZ Sectionals, and/or USA National level meets.

### **Goals of Senior Gold**

The primary goal of the Senior Gold is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to move toward the next competition level as an individual. Goals of Senior Gold are:

- Achieve at least 5 Middle Atlantic Senior Championship times
- Demonstrate the highest possible commitment to practice attendance (8 per week)

- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate a commitment to attending all meets prescribed by the coaching staff
- Demonstrate a commitment to attending all dry land sessions offered
- Demonstrate a commitment to balance academics with swimming, striving for excellence in both
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff
- Demonstrate the willingness to work together as a team in reaching for the highest level of individual and team performance possible
- Demonstrate the mental skills necessary to succeed at a national level of competition
- To prepare each swimmer for success in collegiate swimming

## **Saturday/National Group – Ages 13 and Over** (Coach Greg Fastrich)

The Saturday practice group will consist of no more than 24 swimmers that have demonstrated a high year round commitment level to their swimming. The first swimmers considered for this group have achieved Eastern Zone Sectional time standard. The remaining spots will be selected by the head coach.

The National Group will consist of no more than 15 swimmers that have achieved NCSA Junior National times and have proven year round commitment level. The remaining spots will be selected by the head coach.

### **Practice Attendance**

Swimmers are **required** to attend all weekly practices as well as the extra practices offered to the group. These are all Saturday workouts and summer evening workouts. Athletes must inform the head coach prior to any practices missed.

### **Meet Attendance**

Swimmers are expected to attend one USA Swimming completion per month including the highest-level championship meet that the swimmer qualifies for during both the short- and long-course seasons. Focus meets for this group during the short-course season are the USA Junior Nationals, EZ Sectionals and or EZ Age Group Zones. Focus meets for this group during the long-course season are the NCSA Junior Nationals, and US Junior Nationals.

### **Goals of the Saturday/National Group**

At the High-Performance level, the goals of the group are:

- Saturday/National group swimmers are expected to do everything prescribed by the head coach, both in and out of the water, in order to reach the highest level of swimming possible. Ultimately, the goal is for Saturday/National swimmers to compete successfully at Sectionals, U.S. Junior Nationals, U.S. Nationals, and Olympic Trials.
- Demonstrate an advanced understanding of nutrition and psychology in order to develop the best possible environment for success
- Demonstrate a proven commitment to attending all meets prescribed by the head coach
- Demonstrate a proven ability to excel in both the pool and the classroom and to balance both activities effectively
- Demonstrate the ability to limit distractions outside of school and swimming that will possibly hinder practice and meet performance
- To prepare each swimmer for success in collegiate swimming

## IMX CHALLENGE & DECK PASS INFORMATION

Have you swum all of your required events? Then come on in and find out where you rank in your age group. Search below to see who is ahead of you and who you are ahead of. Keep up the great work! Please note that we do not rank swimmers who have only achieved an IMR score. Rankings are only for IM Xtreme.

- [FIND YOUR IMX RANKING](#) (USASWIMMING.ORG / TIMES / IMX&POWERPOINT)

You can also check both your IMX and IMR Scores on your Deck Pass page if you have set up a linked account.

- [FIND YOUR IMX & IMR SCORE ON DECK PASS](#) (USASWIMMING.ORG / Home / Member Resources / Programs & Services / **Deck Pass**). *This location will show a video all about DECK PASS and its purpose.*

### A NOTE ABOUT IMX & IMR SCORES

*An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes.*

*Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.*



### IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

**9 & Under; 10-year olds:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)  
**11-year olds; 12-year olds:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)  
**13, 14, 15, 16, 17, & 18-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.



### IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

**9 & Under; 10-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
**11-year olds; 12-year olds:** 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM  
**13, 14, 15, 16, 17, & 18-year olds:** 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

### HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page for more information and to use the Power Point Calculator.

### HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required

event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings.

### **COACHES' IMX LISTING**

A coach can see a listing of his/her team's IMR and IMX Scores through the coach's Deck Pass page. Access is through the coach's personal website account.