

# SFY Tsunami Swim Team

Practice Levels - Fall/Winter 2019 - 2020



Level	Typical Age Range	Level Prerequisites	Level Description	Skills Taught	Available Practice Hours Per Week	Recommended Practice Attendance	Swim Meet Opportunities	Tentative Season Dates
Tigersharks (Precompetitive)	5 - 12	This is the group that bridges the gap between our YMCA swim lessons and competitive programs. Participants are invited to join this group when they are able to swim 25 yards of two (2) competitive legal strokes without stopping and have a basic knowledge of the other two competitive strokes. Swimmers in this group are expected to be able to focus on instruction for 45 minute.	This level serves as the introduction to our SFY competitive swimming community. This level is intended for 8 & under swimmers and some 9 - 10 & 11 - 12 swimmers who are learning all four competitive strokes. The emphasis is on developing the fundamentals of the strokes, starts and turns by means of drills and games in an enjoyable atmosphere for instruction. Swimmers learn the basic rules of competitive swimming and learn and exude the YMCA four core values.	Stroke skills, starts, turns	1.5	1:2	Mini & league dual meets (by invitation of the lead coach)	9/16/2019 - 2/23/2020 (23W)
Bronze	7 - 12	This is the introductory level of the Tsunami age group program. Swimmers in this group are required to be able to swim two (2) competitive legal strokes and the remaining two (2) strokes with reasonable proficiency. Swimmers are expected to be able to focus on instruction in one (1) hour increments. Additionally, they can complete 50 yards of freestyle continuously with confidence.	This practice level is designed for 10 & under and 11 - 12 swimmers who have expressed interest in taking on a greater involvement and commitment to our YMCA competitive swim team. Swimmers in the Bronze group focus on mastering what is expected of them at the Silver training level. Swimmers are encouraged to exude the YMCA four core values, teamwork, and a competitive meet setting are introduced. Participation in competitions is encouraged throughout the season.	Stroke skills, starts, turns, intro to meet preparation	2	2:2	Mini & league dual meets	9/16/2019 - 2/23/2020 (23W)
Silver	9 - 14	This is the second level of the Tsunami swim team. Swimmers in this group are able to swim the three (3) legal competitive strokes and one (1) with reasonable proficiency. Swimmers can complete 100 yards of freestyle continuously and with confidence. Flip turns and streamlines are used consistently throughout practice and meet environments.	This practice level is designed for 10, 11-12, and 13 -14 year olds and some experienced 9-year-olds. Improving stroke, start and turn techniques will be the primary emphasis in this level. Mild distances and endurance work will be introduced in training. Swimmers are encouraged to participate in all local and regional competitions that pertain to them.	Stroke skills, starts, turns, meet preparation	3	2:3	League dual meets, local invitationals, and regional competitions when qualification times are swum.	9/16/2019 - 2/23/2020 (23W)

# SFY Tsunami Swim Team

## Practice Levels - Fall/Winter 2019 - 2020 cont.

\*\*All group placements are at the discretion of the SFY coaching staff and training level requirements are adjusted as the season progresses.



Level	Typical Age Range	Level Prerequisites	Level Description	Skills Taught	Available Practice Hours Per Week	Recommended Practice Attendance	Swim Meet Opportunities	Tentative Season Dates
Gold	11 - 16	Swimmers in this level are beginning to transition from being 'age group' swimmers to 'senior' swimmers. Swimmers in this level are able to complete a legal 200 IM and a continuous swim of 500 yards of freestyle with 'ease.' They have shown proficiency in completing racing dives, flip turns, and perform a 'streamline' on a regular basis. Swimmers in this group are expected to demonstrate the ability to train at a consistent level.**	Strong emphasis is placed on technique refinement with a stronger conditioning experience. General distance and IM work is also emphasized along with a strong dryland commitment and general body strengthening. Racing strategies and mental preparation are also introduced. Swimmers are encouraged to guide their peers as they put the YMCA four core values into use and emphasis is placed on supporting each individual swimmer's journey from being a participant to a leader in the program.	Stroke technique, meet preparation, training habits, pace clock, intro to dryland	4	3:4	Local meets, invitationals, championships	9/16/2019 - 3/15/2020 (29W)
Junior	6th - 12th grade	Swimmers in this level are continuing to build upon the habits and skills they have acquired in the Gold level. Junior level swimmers are committed to furthering their mental and physical development as it pertains to both the sport of swimming and balancing their goals and commitments outside of the competitive sport. Junior level swimmers have elected to train along their Senior level peers and are committed to strengthening and exuding their Tsunami pride in daily practice. Swimmers in this group are expected to demonstrate the ability to train at a consistent level.**	This introduction to senior swimming; emphasizes polishing stroke technique, starts and turns. The focus will be IM and distance training. This level is also for those 13 and over athletes that swim seasonally, are multi-sport athletes or who just want to swim to be involved with the sport. Stroke technique, race strategy, training intensity, leadership skills, and race preparation for local, regional, and national competitions are important elements of the Tsunami swimmer's journey.	Stroke technique, meet preparation, training habits, pace clock, intro to dryland	4	4:4	Local meets, invitationals, championships	9/16/2019 - 3/15/2020 (29W)
Senior	13 - 18	Swimmers in this level are committed to their swimming journey. They have demonstrated the ability to train at a consistent level determined by the SFY coaching staff and are able to successfully complete practices 90 minutes or more in duration. The SFY Tsunamis believe in meeting the needs of today's multi-sport and extracurricular activities athletes. Finding a balance between the demands of the sport and other individual goals is key to providing a great training experience for our Senior level athletes. Youth volunteerism is encouraged and team building skills are integral in the success of the program as a whole.	This introduction to senior swimming emphasizes polishing stroke technique, starts and turns. The focus will be IM and distance training. This level is also for those 13 and over athletes that swim seasonally, are multi-sport athletes or who just want to swim to be involved with the sport. Stroke technique, race strategy, training intensity, leadership skills, and race preparation for local, regional, and national competitions are important elements of the Tsunami swimmer's journey.	Stroke technique, meet preparation, training habits, pace clock, intro to dryland	5	4 or 5:5	Local meets, invitationals, championships	9/16/2019 - 3/15/2020 (29W)

HS Warm Up	14 - 18	Our High School Warm Up program is for those aspiring athletes that are interested in getting a jump start on their high school season. Swimmers will receive individualized guidance on all four strokes, starts, turns, and finishes as well as develop a strong aerobic base to help transition into their high school programs in November. To participate in this program, swimmers must possess the ability to complete 100 yards of freestyle continuously, plus proficiency in backstroke, and knowledge of breaststroke and/or butterfly.	Stroke technique, meet preparation, training habits, pace clock	2.0	2:2	NA	9/16/2019 - 11/8/2019 (8W)
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8/4/2019