

2020-2021 UMLY Practice Groups

**Note: Starting with the Academy and Age Group 3 practice groups and above, the word "age" as used in the following descriptions, is defined as the swimmer's age as of September 1st, 2020. Although generally YMCA Swimming uses an age-up date of December 1st for meet purposes, we - as a coaching staff - feel that it is most appropriate to place our swimmers into practice groups for the season with their closest academic peers.*

Mini 1 + Mini 2

Ages: 6 to 8

Qualifications: Swimmers can legally perform all four competitive strokes, and are physically and developmentally ready to learn more advanced skills and techniques, and compete in meets, while participating in a team or large group setting. (**See note below*)

Description: Stroke, turn, and start instruction in practice, with a primary focus on having fun and participating in a swim team setting, so as to build a healthy long-term relationship with the sport of swimming. Participation in both dual meets and end-of-season competitions is required.

- Mini A is for more advanced or experienced swimmers.
- Mini B is for Mid-level 7-8 year olds
- Mini C is for beginning competitive swimmers.

**Note - Swimmers not yet developmentally prepared for the Mini groups are recommended to enroll in the progressive swim lessons program offered by the YMCA.*

Academy

***Not offered in 2020-2021 season**

Ages: 9 to 13

Qualifications: Swimmers can legally perform all 4 competitive strokes, and are physically and developmentally ready to learn more advanced skills and techniques, and compete in meets, while participating in a team or large group setting.

Description: This group is part of our competitive team for athletes that need to develop their skills to achieve [Charlie Hartley standards](#). Skill and technical instruction continue to be emphasized and prioritized. Participation in meets is strongly encouraged. Compete in YMCA Dual Meets and some YMCA Invitationals

Age Group 3

Ages: 9 to 10

Qualifications: Swimmers must be able to complete a legal 100 Yard Individual Medley. By the time swimmers are 10 years old, the expectation is that they have achieved at least **three** 10 & Under time standards for the [Charlie Hartley Invitational](#). Participation in dual meets, (some invitationals), and end-of-season competitions is required.

Description: Skill and technical instruction continue to be emphasized and prioritized, however new elements of competitive swimming - such as aerobic sets and working on time intervals - are also introduced.

- Split into A-B-C level groups
- 60 minutes of instruction each workout
- Compete in YMCA Dual Meets, YMCA Invitationals, YMCA Championships, and some USA Swimming Competitions.

Age Group 2

Description: Skill and technical instruction continue to be emphasized and prioritized, however basic aerobic training features prominently as well. Athletes in this group will compete in qualified meets up to YMCA States. Swimmers are being developmentally prepared to continue progressing towards more intensive and challenging practice groups.

- 4-5 scheduled in-water practices per week
- 60 minutes of instruction per workout
- Compete in YMCA Dual Meets, YMCA Invitationals, YMCA Championships, and USA Swimming Competitions

Age Group 2 is split into Red and Blue groups, with Blue being the more advanced group

Age Group 1

Ages 13-14

Description: This group focuses mainly on the aerobic phase of a swimmers career. Emphasis is on continued stroke and technique development while adding in more challenging aerobic sets. This is a key age for swimmers to maximize their aerobic development, which is a critical building block for their long term swimming success. The purpose of this group is to teach swimmers how to train effectively and learn how to approach sets with goals in mind for that day, which becomes more important as they progress through their later swimming career. This group also focuses on the transition into the high school environment, which involves balancing an increase in training expectations, an increasing academic workload as well as the addition of high school swimming. Swimmers are also expected to begin to take more responsibility and maturity towards their own swimming including advocating for their own individual training needs. By the completion of this group, swimmers should be able to handle

approaching a swim season with proper goal setting and mental preparation for both swimming and high school.

- 5 scheduled in-water practices per week
 - Dryland training is included at this level (virtual)
- 90 to 120 minutes of instruction per workout (including dryland)
- Compete in all YMCA Dual Meets, YMCA Invitationals, YMCA Championships, and USA Swimming Competitions

Age Group 2 is split into Red and Blue groups, with Blue being the more advanced group

Varsity

Ages 13/over

Qualifications: Swimmers can legally perform all 4 competitive strokes, and are physically and developmentally ready to learn more advanced skills and techniques, and compete in meets, while participating in a team or large group setting.

Description: This group is part of our competitive team for athletes that need to develop their skills to achieve [Charlie Hartley standards](#). Skill and technical instruction continue to be emphasized and prioritized. Participation in meets is strongly encouraged.

Senior

Ages 15/Over

Description: A three year program, and the most intensive group offered. The goal is to train athletes to be successful at the club

and high school level, and prepare them to transition into collegiate swimming. Emphasis continues on all four strokes and aerobic development, with new elements of training introduced, such as race simulation, power, and mental preparation.

A practice attendance of at least 80% - *including during high school season* - is required to stay in the group. There are volunteer and leadership expectations for all swimmers in this group at times throughout the year. This training group is only offered on a year-round basis. Participation in dual meets, invitational, and end-of-season competitions is required. (*See *note below*)

- 6 scheduled in-water practices per week
- Multiple dryland workouts are run each week (virtual and in person)
- 60 to 180 minutes of instruction per workout including dryland
- Compete in all YMCA Dual Meets, YMCA Invitationals, YMCA Championships, and USA Swimming Competitions