**WA Group Descriptions (Updated 9/2/2022)**

**Senior (14 and over)**

**Seniors:** This group has boasted our highest-level athletes who are primarily 15 and over (14-year-old freshman need approval to swim with Senior 1) who are dedicated to the sport year-round. This group is for our highest-level athletes who are ready for the mental and physical challenges of training and racing. To benefit from the program, swimmers are expected to make 5-6 pool workouts per week and participate in a team effort meet in Dec, March, and July. Additional strength sessions are offered before/ after practice and athletes are expected to attend.

**Equipment:** Equipment bag with - Water bottle, [Fins](https://www.swimoutlet.com/collections/swim-fins-20625) (We recommend [Speedo Fins](https://www.amazon.com/Speedo-Unisex-Adult-Training-Rubber-Blade/dp/B08PXS8B11/ref=sr_1_12?dchild=1&keywords=rubber+short+fin&qid=1630760610&s=sporting-goods&sr=1-12)), kick board and snorkel (We recommend [Finis Snorkel](https://www.amazon.com/FINIS-1-05-009-50-Original-Swimmers-Snorkel/dp/B004O6ECL4/ref=sr_1_18?dchild=1&keywords=swimming+snorkel&qid=1630760696&s=sporting-goods&sr=1-18))

**Senior Prep (14 and unders)**

**SP 1:** This group is for our top 12-14 year old who are dedicated to USA & Middle Atlantic swimming championship meets (Zones, JO’s & Silver champs).  Practices will focus on continuing stroke developmental, aerobic conditioning, while developing correct race strategies for the 200’s of free and stroke, 400 IM & 500 Free +. To benefit from this program, swimmers are expected to make ?? pool workouts per week and to attend the Dec & March team effort/ championship meets.

**SP 2:** This group is for dedicated 11 and unders who are decided to USA & Middle Atlantic swimming championship meets (Zones, JO’s, Silvers and 10 and Unders champs). This group will continue the stroke work from Age Group but more emphasis on aerobic conditioning & racing. To benefit from this program, swimmers are expected to make ?? pool workouts per week and attend the Dec. & March team effort/ championship meets.

**Equipment**: Water bottle & fins (We recommend [Speedo Fins](https://www.amazon.com/Speedo-Unisex-Adult-Training-Rubber-Blade/dp/B08PXS8B11/ref=sr_1_12?dchild=1&keywords=rubber+short+fin&qid=1630760610&s=sporting-goods&sr=1-12)) and snorkel (We recommend [Finis Snorkel](https://www.amazon.com/FINIS-1-05-009-50-Original-Swimmers-Snorkel/dp/B004O6ECL4/ref=sr_1_18?dchild=1&keywords=swimming+snorkel&qid=1630760696&s=sporting-goods&sr=1-18))

**Age Group (12 and unders)**

**\*This group will be split up after the first week, or so, of practice. We will let AG1 families know after we evaluate all of age group as a whole**

**AG 1:**This group is for our top 9–10-year-olds who are dedicated to participation in USA swimming championship meets and 11-12’s who are still developing their strokes and learning to race 50’s, 100’s and intro into 200’s. Practice sessions for this group will continue to develop strokes while continuing to develop aerobic swimming and racing strategy. To benefit from this program, swimmers are expected to attend 4-5 pool workouts per week and attend the Dec. & March team effort/ championship meets.

**AG 2**: This group is for developing 11 & unders. The primary focus is stroke technique. Increased aerobic conditioning is important for this level to continue developing. Swimmers are expected to attend 3-4 practices per week. These swimmers are expected to participate in local USA swimming meets each month.

**Age Group Prep (6 and over)**

These swimmers have successfully shown us that they are strong enough to swim almost a full lap of freestyle with rotary breathing, and some form of the other 3 strokes (backstroke, butterfly & breaststroke).

Swimmers in this group will focus on reinforcing freestyle and backstrokes and will progress into breaststroke and butterfly.

**Equipment:** Water bottle & fins (We recommend [Speedo Fins](https://www.amazon.com/Speedo-Unisex-Adult-Training-Rubber-Blade/dp/B08PXS8B11/ref=sr_1_12?dchild=1&keywords=rubber+short+fin&qid=1630760610&s=sporting-goods&sr=1-12))

**Non-competitive**

**Beginner (5 and under)** These little swimmers need reinforcement in blowing bubbles/ putting their face in the water, learning to float/ move on their backs, all in hopes of them flipping onto their stomach and starting to take arm strokes.

To graduate this group, we hope they can jump in, flip onto their backs, make their way to the side of the pool, and flip over on their own.

**Novice (5 and over)** These swimmers have "graduated" from the lower level and can jump in, flip onto their backs, make their way to the side of the pool, and flip over on their own. This level will reinforce this "safety float" and progress into freestyle focusing on streamlines, breathing and arm strokes with rhythmic breathing.

Backstroke will also be introduced to the swimmers whose freestyle is advanced.

To graduate from this group, swimmers should be able to do half of a lap of, unassisted, freestyle with rotary breathing (breathing to both sides) and have demonstrated some legal backstroke to us.