

III. TRAINING GROUP STRUCTURE & EXPECTATIONS

Atlantis offers multiple training groups depending upon swimmer age, maturity, skill mastery, fitness level and commitment. Club coaches set the training groups and the criteria for entry into each training group. Each athlete is evaluated regularly and advanced based on coach assessment of competencies and physical ability to handle a more challenging training regimen. Progression from group to group is ultimately a decision made by the coaching staff.

Group Descriptions: Atlantis training group levels are described below. Age ranges that are listed are typical but not exclusive; practice session times are averages and may change due to pool and coach availability. In order to maintain coach-to-swimmer ratios, various sections of each group may be offered, with each section having its own assigned practice times and locations. ***Please note that swimmers may only attend practices at their assigned practice times and locations.***

SPEEDSTERS (8 years old & under – generally Grade 3 and below)

Speedsters is designed for younger children interested in learning the basic skills of water safety, swimming, and racing. Learning the four racing strokes, starts, turns, and race strategy are emphasized daily; strength and coordination drills are also an important aspect of this group. Practice sessions are offered 4 times per week and athletes are encouraged to attend at least twice each week. Swimmers in this group represent Atlantis Swimming at local swimming competitions.

Group minimum requirements:

- swim 25 yards freestyle and/or backstroke

Skills developed:

- ability to swim 50 yards freestyle with bilateral breathing and flip turn
- ability to swim 50 yards backstroke with flip turn
- ability to swim 25 yards breaststroke
- ability to swim 25 yards butterfly
- ability to properly execute front racing dive
- ability to properly execute backstroke racing dive

BRONZE (11 years old & under – generally elementary school-age children)

Emphasis in this group is on becoming an accomplished swimmer in all four racing strokes and endurance freestyle; water safety; continued development of racing fundamentals; reading a pace clock, measuring heart rate, and increasing strength, coordination and fitness. Practice sessions are offered 4 times per week and athletes are encouraged to attend at least twice each week. Swimmers in this group represent Atlantis Swimming at local- and state-level competitions.

Group minimum requirements:

- swim all four racing strokes in reasonable fashion

Skills developed:

- ability to swim 200 yards freestyle with bilateral breathing and flip turns
- ability to swim 200 yards backstroke with flip turns
- ability to swim 100 yards breaststroke
- ability to swim 50 yards butterfly
- ability to swim 100 yard Individual Medley with proper strokes and turns
- ability to execute all racing dives and turns

SILVER (11 years old & under – generally elementary school-age children)

The Silver Group is designed for children to continue improving swimming technique, general strength and fitness, and racing speed. Emphasis in this group is on becoming a skilled stroke and distance swimmer; water safety; continued development of racing fundamentals; and increasing strength, coordination, and fitness. Practice sessions are offered 5 times per week and athletes are encouraged to attend at least 3 practices each week. Swimmers in this group represent Atlantis Swimming at local- and state-level competitions.

Group minimum requirements:

- swim 50 yards each racing stroke and a 200 yard freestyle with proper flip turns and bilateral breathing

Skills developed:

- ability to swim 500 yards freestyle with bilateral breathing and flip turns
- ability to swim 200 yards of each competitive stroke
- ability to swim 200 yard Individual Medley with proper strokes and turns
- ability to properly execute front and back racing dives

SILVER ADVANCED* (11 years old & under – generally elementary school-age children)

The Silver Advanced group is designed for more advanced and committed elementary school-aged children to continue improving swimming technique, general strength and fitness, and racing speed on a year-round basis. This group has a similar emphasis as Silver but with an increased level of intensity. Practice sessions are offered 5-6 times per week.

****Swimmers in this group wishing to represent Atlantis Swimming at higher-level local, state, and regional competitions are expected to attend practices 4-5 times per week. Admission to and continuation in this group requires the recommendation of the group coach and head coach.***

Group minimum requirements:

- swim 100 yards each racing stroke, a 200 Individual Medley and a 500 yard freestyle with proper flip turns and bilateral breathing
- swim 15 x 100 freestyle training intervals at 2:00 with flip turns and bi-lateral breathing
- 8 x 100 kick on the 2:30
- 10 x 100IM on 2:15 with legal strokes and turns
- committed to represent Atlantis Swimming at 8-12 competitions throughout the year, including championship meets.

Skills developed:

- ability to race 500 yard freestyle with bilateral breathing and flip turns
- ability to race 200 yards of each competitive stroke
- ability to race 400 yard Individual Medley with proper strokes and turns
- ability to properly execute front and back racing dives

GOLD (11-14 years old – generally middle school-age children)

The Gold Group is designed for middle school-aged children interested in developing skills in the sport of swimming. Emphasis in this group is on becoming a skilled stroke and distance swimmer; water safety; continued development of racing fundamentals; and increasing strength, coordination, and fitness. Practice sessions are offered 6 times per week and swimmers are encouraged to attend at least 3 practices each week. Student-athletes participating in the Gold group can represent Atlantis at local, state, regional, national and international competitions.

Group minimum requirements:

- swim all four racing strokes in a reasonable fashion

Skills developed:

- ability to swim a 1650 yard freestyle with bilateral breathing and flip turns
- ability to swim 200 yards of each competitive stroke
- ability to swim 400 yard Individual Medley with proper strokes and turns
- ability to properly execute front and back racing dives

GOLD ADVANCED* (11-14 years old – generally middle school-age children)

The Gold Advanced group is designed for more advanced and committed middle school-aged children to continue improving swimming technique, general strength and fitness, and racing speed on a year-round basis. This group has a similar emphasis as Gold but with an increased level of intensity. Practice sessions are offered 6-10 times per week and dry land training is offered up to 5 times per week.

****Swimmers in the Gold Advanced group typically represent Atlantis Swimming at higher-level local, state, regional, national and international competitions and are expected to attend 9-10 practices or more every two weeks. Admission to and continuation in this group requires the recommendation of the group coach and head coach.***

Group minimum requirements:

- swim 200 yards of each racing stroke with proper turns and 1650 freestyle with proper turns and bilateral breathing;
- swim 20 x 100 freestyle training intervals at 1:40 with bilateral breathing and flip turns
- 8 x 100 kick on the 2:15
- 8 x 200IM on the 4:00 with legal strokes and turns
- committed to attend 9-10 practices or more every two weeks for 44 weeks per year;
- committed to represent Atlantis Swimming at 8-12 competitions throughout the year,

including short-course and long-course championship meets.

Skills developed:

- ability to race a 1650 yard freestyle with bilateral breathing and flip turns
- ability to race 200 yards of each competitive stroke
- ability to race 400 yard Individual Medley with proper strokes and turns
- ability to properly execute front and back racing dives

Senior & Masters (14+ years old – generally high school-age & older)

The Senior & Masters group is designed for all teenagers and adults interested in improving swimming technique and general fitness. Emphasis in this group is on becoming a skilled stroke and endurance swimmer; water safety; continued development of racing fundamentals; and increasing strength, coordination, and fitness. Student-athletes participating in the Senior Group typically represent Atlantis at local, state, regional and national-level competitions. Masters are encouraged to set their personal goals and use the Atlantis program to facilitate their achievement. Practices are offered 9-10 times per week and dry land training is offered 5 times per week. Swimmers are encouraged to attend as many practices as needed to achieve their personal goals.

Group minimum requirements:

- swim 50 yards any style

Skills developed:

- ability to swim a 1650 yard freestyle with bilateral breathing and flip turns
- ability to swim 200 yards of each competitive stroke
- ability to swim 400 yard Individual Medley with proper strokes and turns
- ability to properly execute front and back racing dives

Senior Racing Team* (14+ years old – generally high school-age swimmers)

The Senior Racing Team is designed for student-athletes with a desire to excel in the sport of swimming on a year-round basis. Emphasis in this group is on becoming a skilled stroke and endurance swimmer; water safety; continued development of racing fundamentals; and increasing strength, coordination, and fitness. Pool workouts are offered 9-10 times per week and dry land training is offered 5 times per week.

**** Athletes participating in this group are typically able to represent Atlantis Swimming at higher-level local, state, regional, national and international competitions by training 7 or more times each week. Admission to and continuation in this group requires the recommendation of the group coach and head coach.***

Group minimum requirements:

- swim 200 yards of each racing stroke with proper turns, and 1650 freestyle with proper turns and breath control;
- swim 20 x 100 freestyle training intervals at 1:15
- 8 x 100 kick 1:50

- **10 x 200IM 3:20 with legal strokes and turns**
- **committed to 7 or more pool workouts per week for 48 weeks/year**
- **committed to represent Atlantis Swimming in six to eight competitions per year at the highest level competitions in both the short-course and long- course seasons.**

Skills developed:

- **ability to race a 1650 yard freestyle with bilateral breathing and flip turns**
- **ability to race 200 yards of each competitive stroke**
- **ability to race 400 yard Individual Medley with proper strokes and turns**
- **ability to properly execute front and back racing dives**