

SWIM LEVELS (UPDATED 8-5-21)

Cubs I - for age group: 4-10

This group focuses on the fundamentals of competitive swimming. Swimmers are introduced to proper kick, streamline and correct stroke technique, starts and turns. Recommended for ages 8 and under, swimmers new to the sport and first or 2nd year swimmers. Practices are 60 minutes, 2 times per week.

Cubs II - for age group: 7-12

Swimmers are refining the fundamentals of competitive swimming: kick, streamlines and correct stroke technique, starts turns. Recommended for ages 12 under generally, or 1st year swimmers with some experience, and second year swimmers. Swimmers will be doing sets with 2-6 lengths of the pool later in the session. Practices are 60 minutes, 2 times per week and include 15 of dryland and 90 minutes 1xweek and include 30 minutes of dryland

GIRLS MS Swimmers - for age group: 11-14

This group registration is for GIRLS middle school athletes who would like to swim with club before season starts. If your MS swimmer is coming to BOTH club and MS practices every week, please sign up your for their specific group. This registration option if for swimmers who will do club before the girls middle school season only.

Level I - for age group: 6-13

This is the transition into club swimming. Level I swimmers have been introduced to all strokes and are interested in organized competition. They are showing proficiency and growth in swimming technique and building a level of endurance. Sets include shorter rest and more reps. Cognitive and neuro muscular growth takes place at this level. Swimmer behavior and accountability is stressed in this group. Attention to work ethic and self-discipline is part of group expectations. Team members develop team loyalty and commitment.. Swimmers average 1-2 years in this group. USA Membership is an option for this group.

Level II - for age group: 8-13

This group focuses on advancing proficiency of stroke technique, starts, turns, and introduces aerobic conditioning. Interval training is used to conduct practices. Swimmers prepare for swim competitions and develop racing skills and experience. Swimmers in this group are attempting 100 yards of all four competitive strokes, the 200 yard individual medley, and participate in team meets at the WMSL A level and USA District to JO level. Age range is generally 9-12 years old. USA Membership is an option for this group. Swimmers typically spend 1-2 years in this group.

Level III - for age group: 10-16

In this group the training commitment expands. The overall workload and expectations increase towards increased conditioning and performance. Swimmers are exposed to more practice hours, distance swimming and higher levels of competition. This group creates a training regimen for those who wish to swim Middle or HS and includes a wide range of ability. An attendance average of 75% in this group is recommended to align with training expectations and development. Swimmer's average 1-4 years based on personal goals. In this group swimmers are preparing to race at the JO and State levels. USA Membership is an option for this group.

Level IV (USA) - for age group: 12-23

Level IV is a coach approved group. In this group, the training commitment becomes greatly expanded. The overall workload and expectations increase substantially. Swimmers are exposed to more practice hours, distance swimming and higher levels of competition. This group creates a training regimen for those who wish to swim Middle or HS and train year-round and introduces specialization and periodization for performance. This group includes a wide range of ability and the swimmer is developing a work-ethic and self-discipline. At this level, the swimmer understands and takes responsibility for attendance (80%), performance, and habits in practice. Swimmer's average 1-4 years in the group based on personal goals. In this group swimmers are preparing to race at the JO, State and Zone levels. This group requires a USA Membership.

Level V (USA) - for age group: 12-18

Level V is an opt-in group, where group criteria and its expectation are reviewed confirmed with assignment. Level V may include HS off season swimmers. This group has specific performance criteria. Swimmers move further on their path towards a systems approach to training with specialization and periodization playing a greater role in the timing of peak performance. Swimmers in this group are motivated to pursue an elite level of swimming and this is reflected by a higher level of attendance (80-85%), communication, and commitment to training. Swimmers demonstrate a willingness to perform as an individual and for the team, great character and being responsible for all actions. Swimmers may ultimately exceed performance criteria for Level V but swim in Level V for various reasons. The final decision on group placement rests with the Head Coach and the coach has the right to move swimmers based on swimmer's actions or individual factors. Requires USA Membership.

Multi -Sport for Level III - Level V - for age group: 12-18

This is a registration group only. This selection is available Level III - V and must be approved by Club. Please send an email to club at NKATBilling@gmail.com to confirm session and sports that your swimmer is participating for rate approval.

Senior (USA) - for age group: 12-23

Senior group is an opt-in, coach approved group, where group criteria and expectations require a meeting to review recommendation and confirm assignment. Senior swimming is based on criteria and future goals of the swimmers. This group also includes HS and College swimmers training for high level USAS (National) or Collegiate (NCAA) meets. Training, workload, and expectations are high. Periodization and specialization are applied. This group focuses on long range planning and training. Swimmers in this group are motivated to pursue an elite level of swimming at the regional/national level. This is reflected by the high level of attendance (85-95%), communication, and commitment to training. Swimmers balance self-interest with team goals. Senior swimmers choose to be a swimmer. The final decision on group placement rests with the Head Coach and the coach has the right to move swimmers based on swimmer's actions or individual factors.