

EDINA SWIM CLUB

SENIORS

Group Name	Age Range	Description	Prerequisites	Attendance	Meets
Sr Prep	13-17	This is a transition group from age group to seniors not ready for the bronze group or for those who want to stay fit within the context of a team environment. They train with a mix of skill work and fitness.	-Be able to swim 100 of each of the 4 strokes -100 freestyle 2:00	3-4 times per week	Swimmers are expected to compete in at least 2 meets per season.
Sr Bronze	13-17	Swimmers refine skills, technique and develop aerobic and interval training with the goal of advancing to Sr Silver. Training is oriented towards competing at the local and State level.	-Established times in the 100's of all strokes, 200 free and 200 IM -16 x 100 freestyle @ 1:40 -12 x 50 flutter kick @ 1:05 -Minimum of 4 "B" times	3-6 times per week	Swimmers are expected to compete in 1-2 meets per month and finals meets
Sr Silver	13-18	Swimmers are dedicated to swimming and expected to be pursuing State, Sectional and Junior National times. Training is oriented toward physical conditioning, speed and honing technique and skill.	-16 x 100 freestyle @ 1:20 -12 x 50 flutter kick @ :55 -Established times in all events and minimum of 4 "A" times	6-9 times per week	Swimmers are expected to compete in 1-2 meets per month and finals meets
Sr Gold	13-18	Swimmers are highly committed to swimming as their primary sport. Training is geared toward preparing athletes to reach the highest levels of competition in USA Swimming.	-At least 1 NCSA Junior Time -2 Speedo Sectional Times -16 x 100 freestyle @ 1:10 -12 x 50 flutter kick @ :45	6-10 times per week	Swimmers are expected to compete in 1-2 meets per month, finals meets and national level meets