**Novice:**

Introductory group to MCA. Must know how to swim 25 of Free and Back. Butterfly and Breaststroke will be learned in this group. Swimmers will be 6-10 years old. They will learn basic skills: starts, turns, reading clock, streamlines off wall, following directions, treating other teammates in your lane with respect.

**Age Group 1,2 and 3:**

Age group is divided into 3 levels based on age and ability. Age group 1 are swimmers 9-12 that are learning to be proficient in all 4 strokes as well as improve starts, turns, and other skills needed in practice. Depending on age and ability will move to AG 2 or 3.

Age group 2 is the next level up 10-12 years of age. They are more developed in skills and ability. Here they will continue to refine skills as well as begin to develop aerobic training. Depending on age and ability swimmers will move to Age Group 3 or Pre Senior

Age group 3 are swimmers that are between the age of 12-14, that are still working on developing skills, that are also new to the sport, as well as aerobic training. This group will progress to Senior 1.

**Pre Senior:**

This group is our advanced age group ages are 11-14. They are swimmers that have achieved age group state times and able to complete the test sets. Pre senior will move on to Senior 2.

**Senior 1:**

Are for swimmers that are of high school age, that are still working on developing the skills in order to be a senior swimmer.

**Senior 2:**

This is the top senior groups. Senior 2 is the elite level group for swimmers that are state level and up. The commitment to this group is the highest with an expected practice attendance of 92%.