

# Swimmers are placed into groups based on their ability not age.

## Tigers

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Practice sessions are designed to introduce swimmers to the four competitive strokes (freestyle, backstroke, breaststroke and butterfly). Tiger swimmers practice 45 minutes to 1 hour, 3 days per week. We recommend swimmers at the Tiger level swim at least 2-3 days per week.

Swimmers in the Tigers group can swim at least 25 yards of freestyle. Tiger level swimmers are typically 6 to 10 years old; however, older swimmers may swim at this level as well. Focus is on developing correct freestyle and backstroke technique and introduce swimmers to the breaststroke and butterfly techniques. Flip turns and competitive starts will be introduced. Equipment provided by the club includes: kick boards and flippers.

**Equipment needed:** cap, goggles

## Sharks

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Sharks include the continuation of the Tiger objectives with an emphasis on polishing stroke techniques and racing skills. The focus is on obtaining legal strokes, competitive starts, and flip turns in all four competitive strokes. Shark swimmers are also introduced to training techniques and use of the pace clock. This group consists of a wide variety of ages, mostly 7 to 11-year-olds. Shark swimmers practice 1-1.25 hours, 3 days per week. We recommend swimmers at the Shark level swim at least 2 days per week. Equipment provided by the club includes: kick boards and flippers.

**Equipment needed:** cap goggles, freestyle snorkel

## Silver

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Silver includes the continuation of the Shark objectives with an emphasis on increasing swimmers endurance, improving proper stroke technique of all four competitive strokes, and improving technique of competitive starts and turns. Silver swimmers practice 1 hour and 15 minutes, 4 days per week. We recommend swimmers at the Transition level swim at least 3-4 days per week. Equipment provided by the club are pull buoys, kick boards, and flippers.

**Equipment needed:** cap goggles, freestyle snorkel, hand paddles, zoomers or short training fins

## Gold

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Gold level includes the continuation of the Silver objectives with an emphasis on increasing endurance and improving proper technique of all four competitive strokes, and proper technique of competitive starts and turns. Gold swimmers practice 1 hour and 30 minutes to 1 hour and 45 minutes, 4 days per week. We recommend swimmers at the Gold level swim at least 4 times per week. Equipment provided by the club are pull buoys, kick boards, and flippers.

**Equipment needed:** cap goggles, freestyle snorkel, hand paddles, zoomers or short training fins

## Elite

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Elite level includes a continuation of the Gold level objectives with an emphasis on increasing endurance and improving proper technique of all four competitive strokes, and proper technique of competitive strokes and turns. Senior swimmers practice 1 hour and 30 minutes to 2 hours, 4 days a week. We recommend swimmers at the Senior level swim at least 4 days per week and compete in at least 1 meet per month. Swimmers in this level must have a 90% attendance record, participate in captain practices and participate in weight training. Equipment provided by the club are pull buoys, kick boards, and flippers.

**Equipment needed:** cap goggles, freestyle snorkel, hand paddles, zoomers or short training fins