



2022-2023 Wolverine Group Descriptions

Cubs - Cubs is for children ages 6-9 who can swim 25 yards of Freestyle & Backstroke. This program is structured using the American Academic of Pediatrics guidelines for children ages 6-8, which recommends approximately 1 hour of structured sports instruction for the most effective retention of skills for children ages 6-9. All Cubs will receive stroke refinement, introduction and development of all four of the competitive strokes. Children in Cubs will be challenged based upon their own individual skills. This will assure that each Cub's skill will be developed regardless of their individual skill level. You may select your child to swim 1x, 2x, or 3x per week and may attend any day of the week Cubs programs are offered.

Age Group Stroke Development Team - The Age Group Stroke Development (AGSD) Group is for children ages 8 & over who can swim 25 yards of Freestyle, Backstroke and 1 other stroke. This program is structured using the American Academic of Pediatrics guidelines which recommends approximately 1 hour of structured sports instruction for the most effective retention of skills for children developing skills in a sport. All participants will receive stroke refinement, introduction and development of all four of the competitive strokes. Children in AGSD will be challenged based upon their own individual skills. This will assure that each Cub's skill will be developed regardless of their individual skill level. You may select your child to swim 1x, 2x, or 3x per week and may attend any day of the week AGSD programs are offered.

Age Group Team - The Age Group Team (AGT) Group is for children ages 8 & over who can swim 25 yards of Freestyle, Backstroke, Breaststroke, Butterfly, 100 Individual Medley & 100 Freestyle. This program is structured using the American Academic of Pediatrics guidelines which recommends approximately 1 1/2 hour of structured sports instruction for the most effective retention of skills for children with advanced skills in a sport. All participants will receive stroke refinement, introduction and development of all four of the competitive strokes, flip turns, racing starts along with introduction to aerobic training. Children in AGT will be challenged based upon their own individual skills. This will assure that each Cub's skill will be developed regardless of their individual skill level. You may select your child to swim 1-2x, 3-4x per week and may attend any day of the week AGT programs are offered.

Select Age Group Team - The Select Age Group Team (SAG) Group is for children ages 9 & over who can swim 50 yards of Freestyle, Backstroke, Breaststroke, Butterfly, 100 Individual Medley & 100 Freestyle. This program is structured using the American Academic of Pediatrics guidelines which recommends approximately 1 1/2 to 2 hours of structured sports instruction for the most effective retention of skills for children with advanced skills in a sport. All participants will receive stroke refinement, advanced development of all four of the competitive strokes, flip turns, racing starts along with introduction to interval & aerobic training. Children in SAG will be challenged based upon their own individual skills. This will assure that each Cub's skill will be developed regardless of their individual skill level. You may select your child to swim 1-3x, 3-5x per week and may attend any day of the week SAG programs are offered.

National Age Group Team - The National Age Group Team (SAG) Group is for children ages 9 & over who can swim 25 yards of Freestyle, Backstroke, Breaststroke, Butterfly, 100 Individual Medley, and 200 Freestyle. This program is structured to challenge swimmers ages 9 and over with advanced swimming skills. All participants will receive stroke refinement, advanced development of all four of the competitive strokes, flip turns, racing starts along with introduction to interval & aerobic training. Children in NAG will be challenged based upon their own individual skills. This will assure that each athlete's skills will be developed to maximize individual potential. You may select your child to swim 1-3, 3-5x per week and may attend any day of the week NAG programs are offered.

Senior Flex Team - The Senior Flex Team is for swimmers ages 13 and over who compete in High School Varsity swimming and due to other activities and commitments can not commit to the practice requirements of the Senior Teams. Swimmer in SFT will receive extensive stroke refinement combined with moderate training to enable them to stay fit and maintain their conditioning. Offered 1-3x per week.

Wolverines Senior Teams

The Senior Groups will be structured based upon a combination of training ability, commitment and time standards.

Senior Prep Team Girls Criteria (must achieve 3 out of 4) Abbreviated (SPT):

Event	Time
500 Free	5:50.00 or faster
200 IM	2:40.00 or faster
5x100s Test Set	5x100s on 130
Coaches Recommendation	Must be placed in Group by Coach

Senior Prep Team Boys Team Criteria (must achieve 3 out of 4) Abbreviated (SPT):

Event	Time
500 Free	5:50.00 or faster
200 IM	2:40.00 or faster
5x100s Test Set	5x100s on 130
Coaches Recommendation	Must be placed in Group by Coach

Wolverines Senior Teams

The Senior Groups will be structured based upon a combination of training ability, commitment and time standards.

Senior Team Girls Criteria (must achieve 3 out of 4) Abbreviated:

Event	Time
500 Free	5:45.00 or faster
200 IM	2:30.00 or faster
5x100s Test Set	5x100s on 120
Coaches Recommendation	Must be placed in Group by Coach

Senior Team Boys Criteria (must achieve 3 out of 4) Abbreviated:

Event	Time
500 Free	5:40.00 or faster
200 IM	2:25.00 or faster
5x100s Test Set	5x100s on 115
Coaches Recommendation	Must be placed in Group by Coach

Wolverines Senior Teams

The Senior Groups will be structured based upon a combination of training ability, commitment and time standards.

Senior National Team Girls Team Criteria (must achieve 3 out of 4) Abbreviated:

Event	Time
500 Free	5:25.00 or faster
200 IM	2:20.00 or faster
5x100s Test Set	5x100s on 110
Coaches Recommendation	Must be placed in Group by Coach

Senior National Team Boys Team Criteria (must achieve 3 out of 4) Abbreviated:

Event	Time
500 Free	5:10.00 or faster
200 IM	2:10.00
5x100s Test Set	5x100s on 105
Coaches Recommendation	Must be placed in Group by Coach