Makos Information Sheet
2018 - 2019

MAKOS GROUPS AND EQUIPMENT

Equipment and Personalized Caps can be purchase through
Swim and Tri (www.swimandtri.com).
Click on **Team Portal** Team Portal Code: msmako

WHITE GROUP:

This is the beginner group. The only requirement is that the swimmer must be able to swim 25 yards unassisted. The emphasis of this group is to develop each swimmer to a point where he/she is able to swim each of the 4 competitive strokes legally. *The recommended number of practices for the white group is 1-2 times per week.*

The White group is on a monthly commitment.

Equipment needed: kickboard and fins

BLUE GROUP:

This group is designed for the swimmer who can swim all 4 competitive strokes (3 of the 4 legally). The emphasis of this group is to help refine stroke technique, starts and turns, and introduce the swimmer to the fundamentals of training. *The recommended number of practices for the Blue group is 2 to 3 times per week.*

The Blue group is on a monthly commitment.

Equipment needed: kickboard and fins

BRONZE GROUP:

This group continues to refine their competitive strokes, starts, and turns. In addition, these swimmers will intensify their training. *The recommended number of practices for the Bronze group is 3 to 4 times per week.*

The Bronze group is on a monthly commitment.

Equipment needed: kickboard, fins and pull buoy

SILVER II GROUP:

Practices intensify at this level with a continued emphasis on the 4 competitive strokes and all other necessary competitive techniques. Swimmers will also be introduced to strength training through the use of body weight exercises. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. *The recommended number of practices for the Silver II group is 4 to 6 times per week.*

The Silver II group is required to make a 9-month commitment. (minimum September - May)

Equipment needed: kickboard, fins, pull buoy, snorkel, hand paddles

SILVER I/GOLD GROUPS:

Practices intensify at this level with a continued emphasis on the 4 competitive strokes and all other necessary competitive techniques. Swimmers will also be introduced to strength training through the use of body weight exercises. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. *The recommended number of practices for the Silver I and Gold groups is 4 to 6 times per week.*

The Silver I and Gold groups are required to make a 9-month commitment. (minimum September - May)

Equipment needed: kickboard, fins, pull buoy, snorkel, hand paddles

SENIOR GROUP:

This is the top Makos age group program. The training will emphasize training with attention to the 4 competitive strokes and all necessary competitive techniques. In addition to an intensive water program, swimmers in this group will also engage in strength training, which will be highlighted by body weight exercises. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. *The recommended number of practices for the Senior group is 5 to 6 times per week.*

The Senior group is required to make a 12-month commitment. (September - August)

Equipment needed: kickboard, fins, pull buoy, snorkel, hand paddles