

RAYS 2021-2022 Group Descriptions

Group	Age Guidance (start of the season)	Description
Junior RAYs	8U	Swimmers are new to competitive swimming, but have taken swim lessons and are working towards learning how to legally swim all four competitive strokes.
Red	9/10/11 3rd - 5th Grade	Swimmers are generally 9-11 year olds that continue refinement of strokes and skills. This can be a great start up group for new swimmers who are looking for an introduction to a swim team.
Black	9/10/11 3rd - 5th Grade	Swimmers are generally 9-11 year olds and are more advanced and have been a part of a competitive swim program.
White	12 - 13 years old 6th - 7th Grade	White group swimmers are generally 12 to 13 years old and focus on advanced refinement of strokes and skills. At this point swimming is becoming one of your main activities and meet attendance is essential. Dry land is introduced creating a full athlete.
Gold	8th Grade <i>7th grade swimmers who are 12 must comply with RAYS group hopping policy to be registered for this group.</i>	Gold group swimmers are generally middle school (8th grade) and are 13/ 14 years old. Swimmers receive more advanced training and technique work. The goal is to prepare them for their high school years and to prepare them for a high level of competition. Dryland with Certified Personal Trainer 3x per week is added to this group's practice opportunities.
Seniors	9th - 12th Grade <i>Swimmers must be entering 9th Grade.</i>	High school swimmers that want to stay in shape year round. Technique is a primary focus and an increase in volume and intensity should be expected. Dryland with Certified Personal Trainer 4x per week is added to this group's practice opportunities.
National	If a swimmer is within 2 seconds of a National cut (100) or 1 second (50), they may be invited by the head coach to train with this group.	The National Group is for HS Swimmers who have achieved a YMCA National Cut time in a YMCA, USA of HS Meet. This is a high achieving training group preparing for national levels of competition with a strategic focus on each athlete's needs to excel in the sport. Meet and practice attendance is crucial, expected and monitored. Dryland with Certified Personal Trainer 4x per week.