



NATIONAL AGE GROUP

ADVANCED 13-14

The coaching staff has the final decision for all group assignments and retains the discretion to move (or not move) swimmers based upon their judgment and/or factors not listed.

OVERVIEW

Ages	13-14 Determined by age on the first day of upcoming season championship meet
Description	This group is for advanced swimmers 13-14 years old. At this level of the program, the swimmer increases their ownership of their sport, as well as communication with the coach. Swimmers in this group have goals which include Zone (AAA) times and/or National Age Group (Top 10) rankings.
Skills Needed	Consistent underwater streamline and dolphin kicks off the wall after each turn, repeated completion of the following sets in practice: 12x100 Free on 1:25 10x100 IM on 1:35 10x100 Flutter Kick on 1:55
Practices	70% minimum in order to expect progress
Meets	Recommended to attend all meets designated on the schedule for this group, including the highest level championship meet qualified
Equipment Needed	Fins, Snorkel, Speedo Power (or Strokemaker) paddles, Finis Agility paddles, 12-oz Gatorade bottle, kickboard, pull buoy

LEAD COACH

Head Coach Lloyd Larsen	foxjet@comcast.net
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