

## **Club North Swimming Competition Levels**

### **Pre-competitive:**

Pre-competitive is the first level of our swim club. Swimmers who are 8 & under, 9 -10 and just starting out in the sport typically fall into this group. Practice for the pre-competitive group is offered 3 times a week with 45 minutes of swimming instruction and 15 minutes of dry land training. We encourage swimmers to try and attend 1 - 2 of these practices per week. Using drills and fun activities, the emphasis of this group is teaching the basic fundamentals of the competitive strokes. This consists of kicking, drilling and the development of skills necessary for competitive swimming.

### **Pre-competitive Goals:**

Learn the basic fundamentals of the four competitive strokes (body positioning, breathing, stroke cycle movements, kicking)

Develop the beginning skills for proper turns

Push off and streamline to the flags with a dolphin kick

Have fun swimming

### **Bronze 1:**

Bronze is the second level of our swim club. Athletes are typically in the 8 – 10 age range. Practice for the bronze group is offered 4 times weekly with 45 minutes of swimming and 15 minutes of dry land training. We encourage swimmers to try and attend 2 – 3 practices per week. Bronze athletes continue to learn the four competitive strokes and more emphasis is placed on swimming “sets” while using a pace clock. Swimmers at the bronze level will be part of a team atmosphere and make friends with their teammates. Swimmers in this level compete in dual meets, USA meets and any CNS championship meet for which they qualify.

### **Bronze 1 Goals:**

Push off and streamline to flags with a dolphin kick

Legal competitive swimming turns and starts

200 freestyle without stopping, with flip turns

Swim a legal 100 IM without stopping

Kick 3 x 100's of any stroke legal

Attend CNS scheduled competitions home and away

Have fun swimming

### **Bronze 2:**

Bronze is the second level of our swim club. Athletes are typically in the 8 – 10 age range. Practice for the bronze group is offered 4 times weekly with 45 minutes of swimming and 15 minutes of dry land training. We encourage swimmers to try and attend 2 – 3 practices per week. Bronze athletes continue to learn the four competitive strokes and more emphasis is placed on swimming “sets” while using a pace clock. Swimmers at the bronze level will be part of a team atmosphere and make friends with their teammates. Swimmers in this level compete in dual meets, USA meets and any CNS championship meet for which they qualify.

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### **Bronze 2 Goals:**

- Swim 500 Freestyle without stopping with flip turns
- Swim legal 50 of each of the four competitive strokes
- Kick 3 x 100's with a board on 2:55
- Learn proper competitive starts from the racing platform
- Read a pace clock
- Attend CNS scheduled competitions home and away
- Have fun swimming

### **Silver:**

Silver is the third level of our swim club. Typically athletes range in age from 10 – 13. Practice is offered 5 times weekly for 90 minutes of swimming and two additional 30 minutes dry land training sessions a week. We encourage swimmers to attend 3 – 5 practices each week. All swimmers will be able to successfully swim each of the four competitive strokes in a legal manner as deemed by USA Swimming. The emphasis for this group is aerobic training, as well as other energy systems (endurance and sprint swimming). They continue to work on the four competitive strokes focusing on stroke technique. Goal setting and race strategy are introduced to the athletes. Swimmers in this level compete in dual meets, USA meets and any CNS championship meet for which they qualify. Consistent practice attendance is necessary for continued improvement and advancement to the next group.

### **Silver Goals:**

- Swim 800 free without stopping
- Swim legal 100 of each stroke
- Swim a 200 of 2 different strokes legally
- Kick 10 100's on 2:45
- Understand interval send offs on the clock
- Perform all turns and push offs efficiently
- Perform all starts effectively
- Develop consistent practice attendance
- Attend CNS scheduled competitions home and away
- Develop goal setting skills
- Begin developing race strategies
- Have fun swimming

### **Gold:**

Typically swimmers range in age from 13 – 18. Practices are offered 5 times weekly with 2 days of dry land training to take place before or after the swim portion of the practice. We encourage swimmers to attend 4 - 5 practices each week. This group represents the first step towards success in the sport of swimming and beyond. Swimmers in the CNS gold group will be expected to complete 4500 - 5000 yards/meters of swimming each practice and competitively swim all four strokes. Goal setting and end of the season focus are constantly reinforced. Swimmers in this group compete in dual meets, USA meets and any CNS championship meets for which they qualify. When necessary swimmers will be divided according to their ability.

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**Gold Goals:**

Swim a 1650 under 25:00.00  
200 Legal of all four strokes  
Kick 10 100's on 2:10  
Understand interval send offs  
Develop consistent practice attendance  
Improve fluidity in start, turns and push offs  
Develop goal setting  
Attend CNS scheduled competitions home and away  
Race every distance, every stroke available over the duration of the season  
Develop and improve race strategies  
Have fun swimming

**Senior:**

This group is the highest level associated with Club North Swimming. Typically these swimmers will range in age from 14 - 18. This group provides the discipline training atmosphere necessary for success at the state, sectional and national level. Swimmers within this group are committed athletes striving for excellence. They are goal-oriented, honest and ready to further their commitment for future success in the sport of swimming. Practice is offered 6 times a week with additional dryland training 3 times a week.

**Senior Goals:**

Swim 1400 yards in under 20 minutes  
Swim a 400 IM under 6:00.00  
Swim 5 100's stroke (Fly @ 1:55, Back @ 1:45, Breast @ 2:00)  
Swim 5 200s IM @ 3:20.00  
Kick 10 100's @ 1:55.00  
Maintain a consistent practice attendance of 75% per month  
Every member of this training group to have a Missouri Valley Division I or Level I qualifying time.  
Swimmers are expected to attend meets CNS is attending  
Continue development in goal setting  
Develop and improve race strategies  
Have fun swimming