



WHITE GROUP

Enrollment Standards

To **enter** the White group, a swimmer must demonstrate these 4 standards and pass the test sets:

1. Use good listening skills
2. Show respect to coaches and teammates
3. Swim all four competitive strokes for 25 yard with a working knowledge of each stroke
4. Dive head-first off pool edge
5. Pass these test sets, administered by a coach:
 - Swim one 25 yard fly (1x25y) without stopping
 - Swim one 25 yard backstroke (1x25y) without stopping
 - Swim one 25 yard breaststroke (1x25y) without stopping
 - Swim 4 x 50 yard freestyle on a 2 minute send off

Program Focus

The program focus of the White group is stroke development and teaching all four competitive strokes, Individual Medley (IM), and starts and turns through positive reinforcement and immediate feedback. An important objective for this group is to develop a love for swimming through fun games and activities in the water. Swimmers are expected to continue developing self-discipline, respect for coaches and teammates, as well as age-appropriate social skills in a team environment.

COOL offers practices six times a week and for the White group encourages attending at least three times a week. We believe frequency of practices is necessary for skill development and to ensure optimum improvement. At the same time, we advocate for a balanced approach which allows for exploring other interests and activities.

We encourage participation at intra-squad swim meets to introduce the swimmer to the competitive swim environment in a very low key, fun-oriented atmosphere. Participation at meets will be individually determined between coaches and parents, respecting each child's own readiness and motivation.

Please refer to Orange group enrollment standards to help your swimmer understand the training given at the White group level. Looking ahead will also help your swimmer prepare to achieve the enrollment standards required to advance to the Orange group level.



ORANGE GROUP

Enrollment Standards

To **enter** the Orange group, a swimmer must demonstrate these 8 standards and pass the test sets:

1. Demonstrate age-appropriate social skills
2. Maintain age-appropriate focus entire duration of practice
3. Show respect to coaches and teammates
4. Swim all four competitive strokes legally and have endurance to swim 50 yards in freestyle, breaststroke and backstroke, and swim 25 yards in butterfly
5. Demonstrate legal starts, turns and Individual Medley (IM) transitions
6. Start off the block with a dive head-first
7. Demonstrate a basic use of pace clock
8. Participate in dryland exercises at all attended practices
9. Pass these test sets, administered by a coach:
 - Swim 8 x 50 yard freestyle with a 1:15 send off.
 - Swim 4 x 50 yard kick with a 1:20 send off.
 - Swim one 100 Individual Medley (IM) with legal start, transitions and finish without stopping

Program Focus

The program focus of the Orange group builds on skill development, stroke construction and refinement. Swimmers are introduced to interval sets, effort and pace management. General education on learning how to train, manage hydration and nutrition levels before, during and after practice begins at this level. Coaching staff directs swimmers in developing strong work ethics. Basic racing concepts are introduced with stroke rate/stroke count, effective air exchange techniques during starts and turns, as well as event-specific breathing patterns.

COOL offers practices six times a week and for the Orange group encourages attending at least three to four times a week. We believe frequency of practices is necessary for skill development and to ensure optimum improvement. At the same time, we advocate for a balanced approach which allows for exploring other interests and activities.

We encourage participation at intra-squad swim meets to introduce the swimmer to the competitive swim environment in a very low key, fun-oriented atmosphere. Orange group swimmers are expected to participate in two team-hosted meets per year. Participation at meets will be individually determined between coaches and parents, respecting each child's own readiness and motivation. For more developed swimmers in this group, or when the

swimmer is ready, participation at other USA-sanctioned swim meets is also recommended. This gives swimmers a realistic feel of the competitive environment in the sport.

Please refer to Blue group enrollment standards to help your swimmer understand the training given at the Orange group level. Looking ahead will also help your swimmer prepare to achieve the enrollment standards required to advance to the Blue group level.



BLUE GROUP

Enrollment Standards

To **enter** the Blue group, a swimmer must demonstrate these 8 standards and pass the test sets:

1. Demonstrate age-appropriate social skills
2. Maintain age-appropriate focus entire duration of practice
3. Show respect to coaches and teammates
4. Demonstrate understanding of goal-setting principles in his/her approach to swimming
5. Demonstrate appropriate competitive drive and good sportsmanship
6. Perform all four competitive strokes and have endurance to swim 100 yards in freestyle, breaststroke and backstroke, and swim 50 yards in butterfly
7. Demonstrate legal starts, turns, transitions and finishes in all four strokes and IM
8. Participate in dryland exercises at all attended practices
9. Pass these test sets, administered by a coach:

Swim 8 x 100 yard freestyle with a 1:45 send off

Swim 5 x 100 yard kick with a 2:30 send off

Swim two 200 IMs with a 4:00 send off with legal starts, transitions and finishes

Program Focus

The program focus of the Blue group devotes great attention to all 4 strokes and Individual Medley (IM) refinement. Starts, turns, transitions and finishes receive significant attention in the pre-race and race seasons, including reaction time, flight, entry and underwater work. Short-course racing demands an emphasis on underwater work. The increased proficiency will benefit the swimmer during the long course season as well.

Dryland training further evolves while retaining a focus on strength, stability and flexibility.

Education on how to race and the training that supports it are emphasized. Race pace training, race stroke rate/stroke count, breathing patterns and underwater wall work are further developed.

Swimmers are introduced to LSC (Local Swimming Committee) and National Motivational Time Standards. With their coaches, swimmers will become familiar with and set appropriate season and long-term goals consistent with the swimmer's motivation and commitment.

COOL offers practices six times a week and for the Blue group encourages attending four times a week. We believe frequency of practices is necessary for skill development and to

ensure optimum improvement. At the same time, we advocate for a balanced approach which allows for exploring other interests and activities.

Blue group swimmers are expected to participate in two team-hosted meets per year and , participation at other USA-sanctioned swim meets is recommended. This gives swimmers a realistic feel of the competitive environment in the sport. Participation at meets will be individually determined between coaches and parents, respecting each child's own readiness and motivation.

Please refer to Lightning group enrollment standards to help your swimmer understand the training given at the Blue group level. Looking ahead will also help your swimmer prepare to achieve the enrollment standards required to advance to the Lightning group level.



LIGHTNING GROUP

Enrollment Standards

To **enter** the Lightning group, a swimmer must demonstrate these 9 standards and pass the test sets:

1. Hold National Age-Group Standard "A" times in at least three (3) events and at least two (2) different strokes. One event must be a distance of 200y/m or better
2. Have a USA swimming time in 400m/500y freestyle
3. Demonstrate age-appropriate social skills, and respect coaches and teammates
4. Be an effective leader and assist other teammates during practices and meets
5. Demonstrate a desire for self-improvement
6. Set realistic performance goals and consistently meet them
7. Perform all four competitive strokes with proficiency for 400y/m in freestyle, 200 y/m breaststroke and backstroke, and 100y/m in butterfly, including legal starts, turns and finishes
8. Demonstrate legal starts, turns, transitions and finishes in Individual Medley (IM)
9. Participate in dryland exercises at all attended practices
10. Pass these test sets, administered by a coach:
 - Swim 8 x 100 yard freestyle with a 1:30 send off
 - Swim 4 x 100 yard of each stroke with a 1:45 send off with legal starts, turns and finishes
 - Swim 3 x 200 yard IMs with a 3:30 send off with legal starts, transitions and finishes
 - Swim 4 x 100 yard kicks with a 2:10 send off

Program Focus

The Lightning group represents the most advanced age group swimmers on our team. They demonstrate a commitment to swimming with their consistent attendance, very strong work ethics, excellent sportsmanship, and respect to all teammates and competitors in the sport.

By achievement, this group consists of Division 1, Zone and Sectional swimmers striving for the very top placing in their age group.

The program focus of the Lightning group is on swimming biomechanics with attention to every detail in stroke refinement and racing techniques. The backbone of the structure is Individual Medley (IM) training. COOL believes the age group swimming focus should be to develop all-around swimmers. IM training addresses that effectively. Swimmers are assessed individually and attention goes into building around the strengths while, at the same time, diligently working on improving swimmers' weaknesses.

Swimmers are guided through a cycle-based annual training plan in which we maximize aerobic development. Dryland is an essential training component, setting the athletes on the path for success.

COOL offers practices six times a week (eight times in long-course season) and for the Lightning group encourages attending five to six times a week. We believe frequency of practices is necessary for skill development and to ensure optimum improvement. At the same time, we advocate for a balanced approach which allows for exploring other interests and activities.

Lightning group swimmers are expected to participate in two team-hosted meets per year and as well as other USA-sanctioned swim meets. Participation at meets will be individually determined between coaches and parents, respecting each child's own readiness and motivation.

Please refer to Senior group enrollment standards to help your swimmer understand the training given at the Lightning group level. Looking ahead will also help your swimmer prepare to achieve the enrollment standards required to advance to the Senior group level.



HIGH SCHOOL GROUP

Enrollment Standards

To **enter** the High School group, a swimmer must demonstrate these 6 standards:

1. Be eligible for high school admission
2. Demonstrate age-appropriate social skills, and respect coaches and teammates
3. Demonstrate age-appropriate listening skills and maintain focus for duration of practice
4. Be proficient in all four competitive swim strokes
5. Demonstrate legal starts, turns, transitions and finishes
6. Participate in dryland exercises at all attended practices

Program Focus

The High School group is designed for swimmers that devote seasonal attention to High School swimming or who have not yet achieved the entry standards for the Senior group. The program focus is on all four strokes and Individual Medley (IM) refinement. Instruction will be given in starts, turns, transitions and finishes with attention to detail on all elements, including reaction time, flight, entry and underwater work. The importance of underwater work is emphasized to match the demands of short course racing. The program is closely aligned to match the needs of High School season rigors and to help swimmers achieve the standards to enter the Senior group.

COOL educates swimmers on how to race and provides the training that supports it, including race pace training, race stroke rate/stroke count, breathing patterns and underwater wall work. The focus of dryland training at this level is on strength, stability and flexibility.

The goal setting process between High School swimmers and coaches allows for a seamless and supported transition between seasons, and is closely aligned with the High School swim program.

COOL offers practices six times a week (eight times in long-course season) and for the High School group encourages attending four to five times a week. We believe frequency of practices is necessary for skill development and to ensure optimum improvement. At the same time, we advocate for a balanced approach which allows for exploring other interests and activities.

High School group swimmers are expected to participate in two team-hosted meets (October and January) per year, unless a meet falls during the High School competition season, as well as other USA-sanctioned swim meets. Participation at meets will be individually determined between coaches and parents, respecting each swimmer's own readiness and motivation.

Please refer to the High School Advanced group enrollment standards to help your swimmer understand the training given at the High School group level. Looking ahead will also help your swimmer prepare to achieve the enrollment standards required to advance to the High School Advanced group level should he/she choose to be a year-round swimmer.



HIGH SCHOOL ADVANCED GROUP

Enrollment Standards

To **enter** the High School Advanced group, a swimmer must demonstrate these 5 standards and pass the test sets:

1. Demonstrate age-appropriate social skills, and respect coaches and teammates
2. Set realistic performance goals and consistently meet them
3. Demonstrate appropriate competitive drive and good sportsmanship
4. Hold National Age-Group Standard "AA" times in at least three (3) events and at least two (2) different strokes. One event must be a distance of 200y/m or longer in a non-free stroke, or a freestyle event with a distance of 500y-1650y short course or 400m-1500m long-course
5. Participate in dryland at all attended practices
6. Pass these test sets, administered by a coach:

Swim 10 x 100 yard freestyle with a 1:15 send off

Swim 4 x 100 yards of each stroke with a 1:30 send off with legal starts, turns and finishes

Swim 4 x 200 yard IMs with a 3:05 send off with legal starts, transitions and finishes

Swim 5 x 100 yard kicks with a 1:40 send off

Swim a 400 IM legally

Program Focus

The High School Advanced group consists of year-round swimmers, typically of high school age, who are very motivated and goal-driven. Swimmers entering this program have significant swimming career achievements. The program focus of the Senior group is to further build fitness and skill range to help the swimmer increase the level of swimming achievement building the bridge of accomplishments necessary to enter the National Development Group.

The swimmers at this level exhibit complete ownership of the sport, unwavering commitment and motivation. Desire for continued self-improvement is a must and is at the foundation of success. Coaches closely work with and direct swimmer's attention through various stages of training.

At the core of the program is a cyclical annual training plan crafted to peak the swimmers two to three times per year in accordance with the meet schedule. 400 IM and 400-1650 freestyle events become benchmark for training and testing. All energy systems are emphasized, including lactate tolerance training. There is a daily focus stroke refinement, starts, turns and transitions.

Dryland training is an integral part of development and swimmers are expected to fully participate.

COOL offers practices six times a week in short-course season and eight times in long-course season. For the Senior group, we highly recommend six times per week, increasing to eight times per week during long-course season (three days a week of twice per day plus two days of once per day). We believe frequency of practices is necessary for skill development and to ensure optimum improvement. At the same time, we advocate for a balanced approach which allows for exploring other interests and activities.

High School Advanced group swimmers are expected to participate in two team-hosted meets per year and as well as multiple other USA-sanctioned swim meets. Participation at meets will be individually determined between coaches and parents, respecting each swimmer's own readiness and motivation.

Please refer to High School Elite group enrollment standards to help your swimmer understand the training given at the Senior group level. Looking ahead will also help your swimmer prepare to achieve the enrollment standards required to advance to the High School Elite level.



HIGH SCHOOL ELITE GROUP

Enrollment Standards

To **enter** the High School Elite group, a swimmer must demonstrate these 6 standards and pass the test sets:

1. Demonstrate age-appropriate social skills, and respect coaches and teammates
2. Set realistic performance goals and consistently meet them
3. Demonstrate appropriate competitive drive and top-level sportsmanship
4. Strive for continued self-improvement
5. Hold National Age-Group Standard "AAA" times in at least three (3) events and at least two (2) different strokes. One event must be a distance of 200y/m or longer in a non-free stroke, or a freestyle event with a distance of 500y-1650y short course or 400m-1500m long-course, or 400 IM
6. Participate in dryland exercises at all attended practices
7. Pass these test sets, administered by a coach:
 - Swim 10 x 100 yard freestyle with a 1:10 send off
 - Swim 4 x 100 yards of each stroke with a 1:30 send off with legal starts, turns and finishes
 - Swim 4 x 200 yard IMs with a 2:45 send off with legal starts, transitions and finishes
 - Swim 5 x 100 yard kicks with a 1:40 send off
 - Swim a 400 IM legally under 6:00

Program Focus

The program focus of the High School Elite group is to further build fitness and skill range to help the swimmer increase the level of swimming accomplishments which will help them achieve entry into our highest level, the Elite group. Our coaches work collaboratively to identify, nurture and develop swimmers that have the potential to reach the top in USA and World swimming.

Swimmers at this level commit to being year-round swimmers. They exhibit complete ownership of the sport, unwavering commitment and motivation, evidenced by their significant swim career achievements. A desire for continued self-improvement is a must and is at the foundation of success.

At the core of the program is a cyclical annual training plan crafted to peak the swimmers two to three times per year in accordance with the meet schedule. 400 IM and 400y-1650y freestyle events become benchmark for training and testing. All energy systems are

emphasized, including lactate tolerance training. There is a daily focus stroke refinement, starts, turns and transitions.

Dryland training is an integral part of development and swimmers are expected to fully participate.

A meet participation schedule is carefully developed between swimmers, parents and coaches to serve the ultimate goal in peaking at the proper times in the season. Swimmers are expected to also participate in our two team hosted meets each year.

COOL offers practices six times a week in short-course season and eight times a week in long-course season. For the National Development group, we highly recommend six times per week, increasing to eight times per week during long-course season (three days a week of twice per day plus two days of once per day). We believe frequency of practices is necessary for skill development and to ensure optimum improvement.

High School Elite group swimmers may have an interest in progressing to our highest level, Elite group. Our head coaches will meet with a swimmer and parent(s) as swimming records are set that make the swimmer eligible for entry into the Elite group.