



# Lawrence Aquahawks Swimming

## Group Descriptions

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**Explorer (Age 4-8\*):** For young swimmers with little experience in the water. While there are no set requirements for registration, we do recommend swimmers have completed Level 3 of our Group Swim Lessons Program or an equivalent. Swimmers in this group will be introduced to all four strokes in a small group setting, 3-4:1 ratio, with instructors in the water at all times. Skills include how to kick and breathe properly, all the way through full stroke swimming.

**Bronze (Age 5-12):** An introduction to competitive swimming for novice swimmers. Swimmers must complete one length of the pool (25 yards) using Freestyle and one length of the pool using another stroke (Backstroke, Breaststroke, or Butterfly). Swimmers will be taught all four competitive strokes as well as starts, turns, and finishes. The emphasis is put on learning and mastering the fundamentals of swimming. Most swimmers in the group have never been a part of a competitive team before which is why the emphasis is put on proper technique.

**Silver (Age 7-12):** A continuation of Bronze, emphasis in practices is still on the fundamentals of stroke technique, starts, and turns. A more traditional practice structure will be introduced including sets and intervals. Swimmers must be able to complete two lengths of the pool (50 yards) of each stroke (Butterly, Backstroke, Breaststroke, Freestyle).

**Gold (Age 9-13):** While continuing to focus on fundamentals, Gold also increases the amount of swimming done during each practice. Swimmers will also learn different levels of intensity and effort. Swimmers are expected to maintain proper stroke technique during more challenging workouts. Swimmers must be able to complete four lengths of the pool (100 yards) of each stroke (Butterly, Backstroke, Breaststroke, Freestyle).

**Platinum (Age 11-15):** Basic understanding of “training” vs. “practice” is introduced. More emphasis is placed on training while teaching kids how to maintain proper technique in all facets of swimming. Swimmers will be expected to hit certain target heart rates during all sets. Swimmers will also learn how their training impacts their results at meets. Swimmers must have participated in a similar group on another team to be eligible for this group.

**Senior 6 (9th-12th Grade):** This group exists for those students attending one of the local high schools that has a genuine interest in swimming but are not ready to meet the requirements for the Pre-National group. For some swimmers this is just a stop on the trail, for others this group is exactly what they are looking for. Either way, we will train swimmers to achieve their goals, regardless of what they may be. Swimmers in this group regularly compete at Aquahawk meets, including any championship meets they qualify for. Swimmers must have participated in a similar group on another team to be eligible for this group.

**Pre-National (Age 13-18):** Pre-National is reserved for the most committed swimmers in the Lawrence Aquahawks program that do not meet the requirements to be in the National group. Swimmers in this training group practice daily and its members **REGULARLY COMPETE** at the highest level meets. Swimmers must have participated in a similar group on another team to be eligible for this group.

**National (Age 13-18):** The National group is reserved for the most advanced swimmers with a minimum of 2 Speedo Sectional cuts. Swimmers in this training group practice daily and its members **REGULARLY COMPETE** at the highest level meets. The main objective of National group is to train at the highest level with a focus on competition at National level meets. Swimmers must have participated in a similar group on another team to be eligible for this group.

**High School Prep/Cross Training (Age 13-18):** This group exists for those students attending one of the local high schools that has a genuine interest in swimming; however is not sure about competing. Swimmers in this group will be developing skills and learning that swimming is a **FUN** sport to participate in. Swimmers in this group will focus on getting fit and staying fit for the high school season. For some swimmers this is just a stop on the trail, for others this group is exactly what they are looking for. Either way, we will train swimmers to achieve their goals, regardless of what they may be.