

Group Name	Age Range	Description
Stroke Introduction	6-10	<p>Stroke Introduction bridges swimmers from small group instruction environments and swimmers new to competitive swimming to the first step in becoming a competitive swimmer. Swimmers must be able to comfortably swim 25 yards with side-breathing freestyle, 25 yards of backstroke, demonstrate a head first dive from the side of the pool holding a streamline.</p> <p>Stroke Introduction is a skill driven group. Skills are taught in a fun manner utilizing games and age appropriate drills. In-depth instruction of all four competitive strokes is emphasized and swimmers will learn proper starting and turning processes and develop a confidence and passion for racing. Athletes at this level will be encouraged to attend local low stress swim meets, develop a concept of what it means to be a part of a team, and learn the value of working together towards common goals. Each daily session will begin with dryland work including but not limited to jumping, throwing, and running, designed to increase overall athleticism. Meet participation at this level is optional.</p>
Stroke Development	6-10	<p>Stroke Development builds on the 4 stroke emphasis of Stroke Introduction. In this group, athletes will be taught the values of Individual Medley (IM) swimming that will begin to define their path in our age group swim program. Instruction will include more advanced stroke technique concepts as well as further development of starting and turning techniques. Daily sessions will introduce foundational activation and athletic movements. Learning to love competition and manage competitive “anxiety” are keys to success at this level. Competitions begin to be encouraged as a measure of what is being taught in training and the development of team concepts. For entry into Stroke Development swimmers must be able to swim 50 yards freestyle with side breathing, backstroke holding a stroke count to wall, demonstrate a basic understanding of butterfly and breaststroke skills, head first streamline dive from the blocks, ability to somersault in the water.</p>
Stroke Performance	8-10	<p>Stroke Performance is for athletes who have already learned the stroke basics to begin setting goals and be held accountable for maintaining proper stroke and turn fundamentals throughout training sessions. Improving technique and increasing speed and endurance while becoming well-rounded swimmers who can swim the 50 and 100 stroke events, and the 100 IM & 200 IM will be the primary goals and areas of focus for athletes in this group. Foundational dryland and activation techniques will be taught and athletes will be asked to demonstrate athleticism as they work through a variety of exercises and basic training concepts. Athletes in this group are strongly encouraged to attend meets on a monthly basis.</p>
Age Group Development	9-12	<p>Age Group Development introduces athletes to their first real training experience. Athletes in this group will begin applying the “how to” and pairing it with the “why.” Understanding the importance of goal setting and learning to hold oneself accountable for goals begins here. Technical proficiency is expected as more complicated training concepts involving interval training will be introduced. Improving technique and increasing speed and endurance while becoming well-rounded swimmers who can swim the 50 and 100 stroke events, as well as introduction to 200’s. The 100, 200 IMs will be the primary goals and areas of focus for athletes in this group, as well as the introduction of the 400 IM and the 500 freestyle. Dryland intensity will increase from the foundation developed in the Stroke Performance and a strength development component will be introduced.</p>

<p>Age Group Performance</p>	<p>10-12</p>	<p><i>Age Group Performance</i> is our highest 10-12 year old training group with a focus on preparing athletes for state and sectional level competitions. The training methods and techniques used are similar to <i>Pre-Senior</i> and are designed to prepare athletes for elite levels of swimming while still making fundamentals a priority. Improving technique and increasing speed and endurance while becoming well-rounded swimmers will continue to be primary goals and areas of focus for athletes in this group. Athletes will be challenged to swim all 50 and 100 stroke events, select 200 stroke events, the 100, 200, and 400 IMs, and the 500 freestyle. Workouts will be progressively more challenging than those in <i>Age Group Development</i>. Athletes will be expected to attend 75-80% of practices. Swimmers are invited to join <i>Age Group Performance</i> by the coaching staff. In order to be considered for this group, an athlete must be fully committed to what is required to be successful in <i>Age Group Performance</i>. This includes but is not limited to the following expectations:</p> <ul style="list-style-type: none"> • prioritization of practice attendance • focus on self-improvement through monthly competitions at an appropriate level • high level training effort • high personal character
<p>Pre-Senior</p>	<p>12-14</p>	<p><i>Pre-Senior</i> is our highest 12-14 year old training group with a focus on preparing athletes for state, sectional, futures, and junior national level competitions. The training methods and techniques used are similar to <i>Senior Performance</i> and are designed to prepare athletes for elite levels of swimming while still making fundamentals a priority. Athletes in this group are expected to attend 85% of practices. Swimmers are invited to join <i>Pre-Senior</i> by the coaching staff. In order to be considered for this group, an athlete must be fully committed to what is required to be successful in <i>Pre-Senior</i>. This includes but is not limited to the following expectations:</p> <ul style="list-style-type: none"> • daily prioritization of practice attendance is expected to maximize training results • focus on self-improvement through monthly competitions at an appropriate level • meet participation at the highest level meet for which a swimmer qualifies • high level training effort • high personal character • accepts personal responsibility for success/failure • committed to team goals • displays the ability to balance academic responsibilities with athletic demands
<p><i>MS/HS Prep</i></p>	<p>13-18</p>	<p><i>MS/HS Prep</i> is a training group for 13&O athletes who are interested in pursuing their goals in competitive swimming, but are not yet ready to commit to the requirements of <i>Pre-Senior</i>, <i>Senior Development</i>, and <i>Senior Performance</i>. This includes athletes who are solely interested in training for their middle and high school swim season. Meet participation is not required but highly encouraged and swimmers can come to as many or as few practices as they would like depending on their commitment level. All swimmers should have knowledge of the 4 competitive strokes and to be ready to participate in a swimming workout before joining. Swimmers who have already achieved membership on their high school team don't have to be assessed to join this group. Swimmers new to competitive swimming should be assessed. While this group has no attendance requirement, those looking to utilize <i>MS/HS Prep</i> as a stepping stone to <i>Pre-Senior</i>, <i>Senior Development</i>, or <i>Senior Performance</i> should aim to consistently train at the standards of those groups.</p>

<p>Senior Development</p>	<p>13-18</p>	<p>Senior Development is a training group for 13&O athletes with a focus on preparing athletes for state, sectional, and futures level competitions. The training methods and techniques used are similar to Pre-Senior and Senior Performance and are designed to prepare athletes for elite levels of swimming while still making fundamentals a priority. Athletes in this group are expected to attend 80% of practices. Swimmers are invited to join Senior Development by the coaching staff . In order to be considered for this group, an athlete must display the commitment to what is required to be successful in Senior Development. This includes but is not limited to the following expectations:</p> <ul style="list-style-type: none"> • daily prioritization of practice attendance is expected to maximize training results • focus on self-improvement through monthly competitions at an appropriate level • high level training effort <p>Those looking to utilize Senior Development as a stepping stone to Pre-Senior or Senior Performance should aim to consistently train at the standards of those groups.</p>
<p>Senior Performance</p>	<p>13-18</p>	<p>Senior Performance is our highest training group with a focus on preparing athletes for futures, junior national, and national level competitions, and college swimming. Senior Performance is designed for the senior athlete who is looking to make swimming his or her exclusive sport. Athletes at this level must be ready to make a total commitment and ensure consistent attendance at all practices and competitions. Continuity of training is vital, training becomes much more serious, and is supplemented with strength training, dryland conditioning, and advanced sprint, middle and distance training techniques. Swimmers are invited to join this group by our coaching staff. In order to be considered for this group, an athlete must display the commitment to what is required to be successful in Senior Performance. This includes but is not limited to the following expectations:</p> <ul style="list-style-type: none"> • daily prioritization of practice attendance is expected to maximize training results • focus on self-improvement through monthly competitions at an appropriate level • meet participation at the highest level meet for which a swimmer qualifies • high level training effort • accepts role as team leaders/role models • accepts personal responsibility for success/failure • committed to team goals • displays ability to balance academic responsibilities with athletic demands