

Group Description Summary

Stroke Introduction

These groups focus on swimmers new to competitive swimming. Swimmers should be able to comfortably swim the length of the pool, and swim lessons prior to this level are encouraged. Coaches will utilize games and ability-appropriate swimming drills to introduce the basics of competitive swimming, with an emphasis on safely performing stroke basics and dives. Meet participation at this level is optional but local meets are encouraged.

Ages: 6-10

Equipment: mesh bag, kick board, pull buoy, long fins.

Stroke Development

This group is our entry-level competitive swimming group. Swimmers should be able to legally perform (or be very close to successfully performing) the four competitive strokes. Individual Medley will be a focus as we work to develop all four strokes. This group is made up of competitive swimmers that begin to learn and practice with interval training. This group will develop the fundamentals and become efficient in all four competitive strokes, starts, turns and finishes. Kicking, stroke technique, training behavior, and team spirit are all emphasized. Swimmers are encouraged to participate in swim meets where they will gain experience and confidence in the competitive swim environment. Athletes should plan to attend meets on the schedule on a regular basis.

Ages: 6-10

Equipment: mesh bag, kick board, pull buoy, long fins, training snorkel.

Stroke Performance

This group 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.

Ages: 8-10

Equipment: mesh bag, kick board, pull buoy, long fins, training snorkel.

Age Group Development

This group will emphasize perfecting all four strokes and building on the solid mechanics of kicking, starts, turns, and finishes. The group will focus on interval training, race strategies, proper pacing, and aerobic development. Swimmers will become familiar with the rules of year-round USA competitive swimming and be encouraged to set goals. 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. Swimmers will focus on higher levels of practice attendance and improvements through meets. Participation in meet competitions is required.

Ages: 9-12

Equipment: mesh bag, kick board, pull buoy, long fins, training snorkel, paddles.

Age Group Performance

This is our highest 10-12 year old training group with a focus on preparing athletes for state and sectional level competitions. The training methods 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.

Ages: 10-12

Equipment: mesh bag, kick board, pull buoy, long fins, training snorkel, paddles.

Pre-Senior

These groups are designed for swimmers who are preparing to move into the senior level of training and competition. Practices increase in intensity and duration. Stroke refinement is still a priority. In addition, this group is dedicated to interval-based swim training, development of a strong aerobic base and speed work. Dryland also increases and becomes more specific. Swimmers will establish goals towards achieving State and Sectional Time Standards. Practice attendance is a priority and swimmers learn to balance athletic and academic demands. Meet participation is mandatory as is attendance at the highest-level meet for which a swimmer qualifies.

Ages: 12-14

Equipment: mesh bag, kick board, pull buoy, fins, training snorkel, paddles.

MS/HS Prep

The MS/HS Prep (Middle school/high school prep) group is designed for the 13 and older swimmer who is looking to put them on a progression path towards the Senior Group if the swimmer desires. Instruction is coach led and includes all competitive strokes, turns, starts, kicking skills, stroke mechanics, and endurance training. These groups are perfect training for those who focus on high-school swimming, have other commitments or play other sports seasonally and summer league. Swimmers should have knowledge of all four competitive strokes to swim in this group. Swimmers in this group may or may not desire to progress to the Senior-level groups. Meet participation is not required but is encouraged.

Ages: 13-18

Equipment: mesh bag, kick board, pull buoy, fins, training snorkel, paddles.

Senior Development

This Senior group is designed for the senior athlete who is working towards the commitment required in the Senior Performance group. The focus is on extensive aerobic training supplemented with weight training, dryland conditioning, and advanced sprint, middle and distance training techniques. Practices increase in intensity and duration. Dryland also increases and becomes more specific. Stroke refinement is still a priority as is a commitment to swimming through practice attendance and high level training effort. Swimmers will establish goals meet participation is mandatory as is attendance at the highest-level meet for which a swimmer qualifies.

Ages: 13-18

Equipment: mesh bag, kick board, pull buoy, fins, training snorkel, paddles.

Senior Performance

This Senior group is designed for the senior athlete who has made swimming his or her exclusive sport. Swimmers at this level must make a total commitment and ensure consistent attendance at all practices. Continuity of training is vital and the training becomes much more serious. The focus is on extensive aerobic training supplemented with weight training, dryland conditioning, and advanced sprint, middle and distance training techniques. Practices increase in intensity and duration. Dryland also increases and becomes more specific. Stroke refinement is still a priority as is a commitment to swimming through practice attendance and high level training effort. Swimmers will establish goals towards achieving Sectional, Junior National and National Time Standards. Meet participation is mandatory as is attendance at the highest-level meet for which a swimmer qualifies. Enrollment in these groups is by invitation only and is at the sole discretion of the senior coach.

Ages: 13-18

Equipment: mesh bag, kick board, pull buoy, fins, training snorkel, paddles.