

Swim Team Group Outlines:

Stroke Development

Group Description:

Stroke Development prepares swimmers for competition. Swimmers will learn the structure of a swim practice and acquire additional competitive swimming skills. Swimming and gaining endurance in 4 strokes will be emphasized. Consistent meet attendance will be encouraged.

Stroke Development Objectives:

- Use the clock as part of a structured practice
- Perform all 4 strokes legally for 50 yards
- Legal underwater breaststroke pullout
- Complete a 100 IM in a meet

Practices offered 3-4x per week

Age Group

Group Description:

Swimmers entering Age Group have met the performance goals in Stroke development and have demonstrated the drive to improve in the sport. Consistent meet attendance will be expected.

Age Group Objectives:

- Understanding that great focus and effort in practice leads to great performance
- Coach directed goal setting
- Continue building strokes
- Race 200 IM in meets
- Race 100 of each stroke in meets
- Establish consistent practice attendance

Practices offered 4-5x per week

Age Group Performance

Group Description:

Swimmers in this group are focused on performing at a high level and have gained experience competing at championship level meets. They are self-driven in their improvement both in and out of the water. This group is designed for middle school and under aged athletes.

Age Group Objectives:

- Understanding that great focus and effort in practice leads to great performance
- Coach directed goal setting
- Continue building strokes
- Race 200 IM in meets
- Race 100 of each stroke in meets
- Establish consistent practice attendance

Practices offered 5-6x per week