

## ECA LEJEUNE GROUP DESCRIPTIONS

### White Group

M, T, TH: 4:45-5:30 PM

#### Requirements:

1. Must be able to complete a 25 yard swim without stopping on front and on back and comfortably place face in water

#### Group Description:

This is a beginner group for children who know how to swim, but who need further technical training. This group's primary focus is on freestyle and backstroke. Swimmers who participate in this group are generally 5-10 years old. Meets attended by this group include only home meets.

#### Group Objectives:

1. Learn basic swimming rules
2. Learn concepts of head/body position, line and balance
3. Learn bi-lateral breathing in freestyle swimming
4. Become competition-ready in freestyle and backstroke
5. Introduce butterfly kick
6. Learn how to dive
7. Become competition ready in Freestyle and Backstroke
8. Learn how to swim relays
9. Develop a sense of TEAM and what it means to be a good teammate
10. Learn about sportsmanship and how to exhibit it at meets
11. Introduction to Community Service

#### Criteria to Move to the Green Group:

1. Swimmer must be able to complete a 100 yard freestyle breathing every 3 strokes and attempting flip turns
2. Swimmer must be able to complete a 100 yard freestyle kick without stopping
3. Swimmer must be able to legally complete a 50 yard backstroke
4. Swimmer must be able to streamline effectively with tight arms, hands forward, and head down

### Green Group

M, T, TH: 4:45-5:30 PM

#### Group Description:

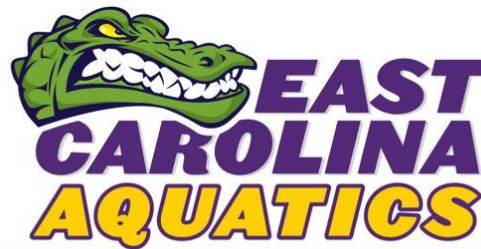
This is a beginner group that focuses on further developing Freestyle and Backstroke to a more advanced level. This group will also allow for your swimmer to be competition-ready in Butterfly, Breaststroke, and Individual Medley. Swimmers who participate in this group are typically 8-12 years old. Meets attended by this group are generally ECA home meets.

#### Group Objectives:

1. Continue to work on the swimmer's understanding of body line, posture, and position
2. Learn and understand the concept of DRAG and how it is effected by body position
3. Develop a strong base in kicking
4. Develop stronger freestyle and backstroke with competition/racing starts and flip turns
5. Introduce Breaststroke, underwater pullouts, and turns
6. Introduce Butterfly, long underwater starts, and turns
7. Introduce Individual Medley with legal turns
8. Understand that the process is more important than the outcome at this point in a swimmer's career
9. Develop an understanding for relay swimming
10. Continue to understand the importance of team and being a good teammate and sportsmanship
11. Continued introduction to Community Service

#### Criteria to move to the Purple Group:

1. 4 x 25 underwater dolphin kicking with fins without breathing
2. 16 x 25 IM order by 4s @ :45 - legally completing all strokes with proper streamlining
4. 12 x 50 freestyle kick at 1:30 holding under 1:00
5. 8 x 25 butterfly breathing every other stroke @ 1:00 - must complete legally
6. Complete 100 of each stroke legally



Camp Lejeune Swim Team

7. Complete a 25 freestyle without breathing
8. Complete a 300 freestyle kick without stopping

## Purple Group

M, T, TH: 5:30-6:30 PM

W: (4:30-4:45 drylands), practice 4:45-5:45 PM

Sa- (7:30-8am drylands), practice 8-10am

### Group Description:

Athlete is a solid intermediate level swimmer able to compete in each stroke at swim meets. Coaches will work with group to move them to an advanced swimmer not only able to compete, but able to compete with technical proficiency. Flutter kicking continues to be a staple of the group as well as underwater kicking and streamlining. Swimmers in this group are typically 9-13 years old. Meets attended by this group include ECA home meets and other local NC swim meets.

### Group Objectives:

1. Understand concepts of low-breathing in FR, FL, and BR and refine how, when, and why we breathe
2. Introduce consistent long course training, endurance swimming
3. Understand the relationship between bodyline and drag
4. Continue to develop a strong kick base
5. Understand how to read a clock on all intervals
6. Further develop each of the 4 competitive strokes with their starts and turns
7. Understand concepts of IM training and racing
8. Understand concepts of sprint racing
9. Begin to develop racing start techniques
10. Introduction to basic dryland training, focusing on core strength and flexibility
11. Reinforce concepts of being a good teammate
12. Exhibit strong sportsmanship in practice and in meets
13. Learn leadership skills within lane, group, and team
14. More involved participation in Community Service

### Criteria to move to Black Group

1. Swim 300 continuous Freestyle with all turns
2. Swim continuous 100 of each stroke legally
3. 20 x 25 Freestyle No Breath @:40
4. 20 x 25 underwater kick to 15m @:40 in a tight streamline
5. Swim legal 200IM

## Black Group

M, T, TH: 5:30-6:45 PM (Swimmer can stay until 7 for uncoached extra practice)

W: (4:30-4:45 drylands) 4:45-5:45 PM

Sa- (7:30-8am drylands), practice 8-10am

### Group Description:

Athlete is an upper-intermediate level swimmer able to successfully compete in each stroke at swim meets. Coaches will work with group to move them to an advanced swimmer not only able to compete, but able to compete with technical proficiency. Kicking continues to be a staple of the group as well as underwater kicking and streamlining. Swimmers in this group are typically 9-13 years old. Meets attended by this group include ECA home meets and other local NC swim meets.

### Group Objectives:

1. Understand concepts of low-breathing in FR, FL, and BR and refine how, when, and why we breathe
2. Introduce consistent long course training, endurance swimming
3. Understand the relationship between bodyline and drag
4. Continue to develop a strong kick base
5. Understand how to read a clock on all intervals
6. Further develop each of the 4 competitive strokes with their starts and turns
7. Understand concepts of IM training and racing
8. Understand concepts of sprint racing

9. Begin to develop racing start techniques
10. Introduction to basic dryland training, focusing on core strength and flexibility
11. Reinforce concepts of being a good teammate
12. Exhibit strong sportsmanship in practice and in meets
13. Learn leadership skills within lane, group, and team
14. More involved participation in Community Service

#### Criteria to move to Currents

1. Swim 500 continuous Freestyle with all turns
2. Swim continuous 200 of each stroke legally
3. 20 x 25 Freestyle No Breath @:40
4. 20 x 25 underwater kick to 15m @:40 in a tight streamline
5. Swim legal 400IM

## Currents Group

M-TH: 5:30-7:00 PM (Swimmer can stay until 7:30 for uncoached extra practice)

F: 4:30-6:00PM

SA: 8:00-10:00 AM

Drylands: M, Tu, Th: 5:00-5:30PM and Sa: 7:30-8:00AM

#### Group Description:

The Currents Group represents the highest-level of non-Senior swimming in ECA Age Group Competitive Program. Typically, swimmers in this group range in age from 10-13 years old and will compete at home, state, and regional-level competitions.

#### Group Objectives:

1. Understand the refining concepts of stroke technique
2. Skilled and consistent long course training, endurance swimming
3. Further develop each of the 4 competitive strokes with their starts and turns
4. Further understand concepts of IM training and racing
5. Further development of long course and short course of sprint racing
6. Further development of racing start techniques
7. Development of race strategies, including negative splitting
8. Understand the healthy eating habits of young athletes for optimal performance
9. Develop the ability to kick 8-15m well off each wall
10. Understand time limitations and how to manage time effectively
11. Dryland training, focusing on core strength, power, and flexibility
12. Reinforce concepts of being a good teammate
13. Exhibit strong sportsmanship in practice and in meets
14. Stronger development of leadership skills within lane, group, and team
15. More involved participation in Community Service

## Senior Group

M-TH: 5:30-7:30 PM F: 4:30-6:00PM

SA: 8:00-10:00 AM

Drylands: M, Tu, Th: 5:00-5:30PM and Sa: 7:30-8:00AM

#### Group Description:

The senior group at the Camp Lejeune site will be a combined ability group that will be differentiated at the coaches' discretion. Group members are typically aged 13 and up. The goal of the senior group will vary from preparing swimmers to compete at local HS competitions to attending nationwide championship meets hosted by USA Swimming.

### Group Objectives:

1. Understand the refining concepts of stroke technique
2. Skilled and consistent long course training, endurance swimming
3. Further develop each of the 4 competitive strokes with their starts and turns
4. Further understand concepts of IM training and racing
5. Further development of long course and short course of sprint racing
6. Further development of racing start techniques
7. Development of race strategies, including negative splitting
8. Understand the healthy eating habits of athletes for optimal performance
9. Understand limitations, fears, and perceptions and attempt to find ways to compensate effectively
10. Learn that the time on the clock is an indication of where you were physically, mentally, and emotionally during that swim.
11. Understand and actively participate in dedication
12. Swimmers strive to live up to their potential, not just talk about it
13. Understand time limitations and how to manage time effectively
14. Dryland training, focusing on core strength, power, and flexibility
15. Reinforce concepts of being a good teammate
16. Exhibit strong sportsmanship in practice and in meets
17. Stronger development of leadership skills within lane, group, and team
18. More involved participation in Community Service

Masters/Adult Swim/Lap Swim

TU & TH 7:30-8:30PM

Ages 18 & up can participate in this individualized practice for Beginning through Advanced swimmers. Meets are at own discretion. Optional free practices available with completion of Athlete Protection Training course on USA Swimming.