



**DEVELOPMENT LEVELS:**

The EDGE Swim Club development training levels are ASCA and USA Swimming guided programs that focus on introducing new athletes to the wonderful sport of swimming and exciting our young returning athletes to continue to pursue their goals in the sport. Our development athletes partake in several team and community building fun activities. Our development programs are committed to instructing our athletes in biomechanical proficiency in all four competitive strokes and their turns, starts, and racing skills. Technique is the foundation for performance for all EDGE swimmers and training levels. This foundation starts at the development level programs. Development level swimmers on the EDGE will be gradually introduced to interval training, goal-setting, sportsmanship, and leadership to lay the foundation for future success both in and out of the pool. Our coaching staff provides an engaging and safe environment for our young swimmers to learn, grow, and have fun!

Training Level & Description	Ability & Skill Requirements
<p><b>Preparation Level</b></p> <ul style="list-style-type: none"> <li>- Ages 10 &amp; younger</li> <li>- Fun introductory level to the EDGE Swim Club!</li> <li>- Backstroke and freestyle stroke technique improvement</li> <li>- Butterfly and breaststroke introduction and improvement</li> <li>- Streamlining, racing turns, and safe and shallow dive</li> <li>- Community &amp; team building games and activities</li> <li>- May compete at local meets</li> </ul>	<ul style="list-style-type: none"> <li>- Swim 50 yards of backstroke and freestyle at or under 90 seconds</li> <li>- Swim freestyle with a proficient side breath</li> <li>- Swim both freestyle and backstroke with arms fully breaking the surface with each recovery</li> <li>- Swim 2 practices per week. The coaching staff strongly encourages 3-4 times per week.</li> </ul>
<p><b>Pewter Level</b></p> <ul style="list-style-type: none"> <li>- Ages 10 &amp; younger</li> <li>- Fun beginner level to the EDGE Swim Club!</li> <li>- Improve basics of all four competitive strokes</li> <li>- Improve racing starts, skills, and streamlining</li> <li>- Introduce to interval training</li> <li>- Encouraged to swim at meets!</li> <li>- <b><u>At the coaching staff's discretion, PREPARATION LEVEL swimmers ages 9-10 may practice with the Pewter level up to 2x/week</u></b></li> </ul>	<ul style="list-style-type: none"> <li>- Ages 8 &amp; younger must have a regional qualifying standard in three of the four strokes</li> <li>- Ages 9-10 must have a state qualifying standard in three of the four strokes</li> <li>- Swim three of the four strokes without disqualification</li> <li>- Perform 50 yards of each competitive stroke's kick without disqualification</li> <li>- Perform a safe and shallow dive from the pool deck</li> <li>- Swim 2 practices per week. The coaching staff strongly encourages 3-4 times per week.</li> </ul>
<p><b>Bronze Level</b></p> <ul style="list-style-type: none"> <li>- Ages 9 to 12</li> <li>- Fun and challenging training program for young athletes with swim team experience</li> <li>- Improve technique, racking skills, endurance, and training capacity</li> <li>- Education on benefits of sport and fun from success within the sport</li> <li>- Required to swim at local meets! Encouraged to swim at travel meets.</li> </ul>	<ul style="list-style-type: none"> <li>- Possess a regional time standard in at least one event from every stroke</li> <li>- Perform all four competitive strokes for 50 yards without infraction</li> <li>- Perform a safe and shallow racing start from the starting block</li> <li>- Required to swim 3 practices per week. The coaching staff strongly encourages 4-5 times per week.</li> <li>--10 &amp; younger swimmers maximum 4 times per week</li> <li>-- 11-12 swimmers maximum 5 times per week</li> </ul>



**SELECT LEVELS:**

The EDGE Swim Club select training levels are USA Swimming Olympic structured development programs. Select level swimmers should be goal oriented with the desire to achieve New England and USA swimming competitive success. Training at the EDGE Swim Club’s select level involves progressive and rigid aerobic conditioning, dynamic biomechanical instruction, intense and calculated race-pace training, training of all four competitive strokes, yoga sessions, and varied dryland sessions. In addition, select level programs will receive psychological conditioning and training and nutrition counseling. Select level swimmers are involved in our program’s vision of success at the highest level and goals of having team representation and success at USA Swimming’s Olympic Trials. In addition to excellent performance in the pool, select level swimmers are expected to be exemplary role models for our development swimmers with character of the highest integrity. Select level swimmers will participate in many training level and full-team functions and activities.

Training Level & Description	Ability & Skill Requirements
<p><b>Silver Level</b></p> <ul style="list-style-type: none"> <li>- Ages 11 and older</li> <li>- Swimmers desiring to train 4 or more times per week</li> <li>- Learn and develop advanced racing skills and strategies in all four strokes</li> <li>- Improve discipline, focus, and leadership skills</li> <li>- Required to swim at local meets! Strongly encouraged to swim at travel meets!</li> </ul>	<ul style="list-style-type: none"> <li>- Please refer to our select level time standards for performance ability requirements</li> <li>- Perform all four competitive strokes without disqualification</li> <li>- Swim 3 practices per week</li> <li>-- Strongly encouraged to attend 4-5 practices per week</li> <li>-- May not exceed 5 practices per week</li> <li>- Attend all in-state meets</li> <li>- Attend all qualified championship meets</li> </ul>
<p><b>Gold III Level</b></p> <ul style="list-style-type: none"> <li>- Ages 13 and older</li> <li>- Embody EDGE values of hard work, discipline, friendliness, respect, sportsmanship, and the focus of process over outcome</li> <li>- Swimmers interested in training 4 or more times per week</li> <li>- Learn and develop advanced racing skills and strategies in all four strokes</li> <li>- Improve discipline, focus, and leadership skills</li> </ul>	<ul style="list-style-type: none"> <li>- Please refer to our select level time standards for performance ability requirements</li> <li>- Perform all four strokes with proficient technique</li> <li>- Swim 4 or more practices per week</li> <li>- Attend 1 Saturday practice per month</li> <li>- Swim as many meets as possible!</li> <li>- Attend all qualified championship meets</li> </ul>
<p><b>Gold II Level</b></p> <ul style="list-style-type: none"> <li>- Ages 13 and older</li> <li>- Embody EDGE values of hard work, discipline, friendliness, respect, sportsmanship, and the focus of process over outcome</li> <li>- Swimmers interested in training 5 or more times per week</li> <li>- Strengthen all four competitive strokes with a heightened focus on their specialty events</li> <li>- Display great discipline, focus, and leadership skills</li> </ul>	<ul style="list-style-type: none"> <li>- Please refer to our select level time standards for performance ability requirements</li> <li>- Perform all four strokes with proficient technique</li> <li>- Swim 5 practices per week</li> <li>- Attend 2 Saturday practices per month</li> <li>- Required to attend at least 1 out-of-state meet</li> <li>- Attend all qualified championship meets</li> </ul>



Training Level & Description	Ability & Skill Requirements
<p><b>Gold I Level</b></p> <ul style="list-style-type: none"><li>- Swimmers ages 13 and older</li><li>- Interested in training more than 5 times per week</li><li>- Swimming is highest extracurricular priority</li><li>- Desire to take swimming to highest level and achieve success at sectional, junior national, national, and collegiate level</li><li>- Serve as team leaders</li><li>- Embody EDGE values of hard work, discipline, friendliness, respect, sportsmanship, and the focus of process over outcome</li></ul>	<ul style="list-style-type: none"><li>- Please refer to our select level time standards for performance ability requirements.</li><li>- Follow IPPs set forth by head coach with athlete (Individualized Practice Plan)</li><li>- Attend all Saturday practices offered each month</li><li>- Attend all meets</li><li>- Enroll in PARISI's Peak90 Gold I Program</li></ul>