**Training Groups**

**The following is a brief overview of the training groups within Solo Aquatics.  These guidelines are general descriptions only, as the make-up of each group will change on a yearly basis.  The coaching staff will make all final decisions regarding group placements.  Placement decisions are made in the best interest of the individual swimmer and his/her long-term development.  Please note: although there are no structured attendance policies for any groups, ALL athletes are encouraged to attend ALL offered practices to ensure continued improvement and advancement into the next levels within our program.**

**Intro**

**We offer this program to our younger and least experienced swimmers.  Ideally, these swimmers have completed a series of swim lessons and have the ability to swim at least 25 yards of freestyle and backstroke.  The basics of all four competitive strokes will be taught, in addition to racing starts and flip-turns.  This program will enable the swimmer to improve their swimming skills, and provide an introduction to the sport of competitive swimming in a fun environment.  The opportunity to compete in meets will also be offered.  Intro swimmers will practice two days per week with Intro 2 swimmers practicing three days per week.**

**Age Group 1**

**This program is intended for younger swimmers with less than three years of competitive experience.  Swimmers have demonstrated the ability to swim all four competitive strokes legally.  Concentration will be on the fundamentals of the four competitive strokes and continuing to improve racing starts and turns.  Swimmers will begin to develop an endurance base in addition to extensive technique work.  In this program, swimmers will gain the skills and confidence to prepare for competition in a fun and low intensity environment.  The opportunity to compete in meets will also be offered and encouraged.**

**Age Group 2**

**This program is intended for younger swimmers with good basic swimming skills and less than three years of competitive experience.  Concentration will be on further developing the four competitive strokes, while introducing interval training and race strategies.  Swimmers will enhance their skills and confidence to prepare for competition in local and regional meets.  Swimmers in this program have demonstrated the ability to begin training on a more consistent basis and will be offered up to practices 5 days per week.**

**Junior**

**This program is designed for the more experienced age group swimmer with three or more years of experience in competitive swimming.  Extensive stroke technique and fundamentals of competitive swimming will be stressed.  Training sessions will focus on a progressive system of endurance development while preparing for a more advanced level of competition.  Dryland sessions are offered in addition to the in-water training.  Swimmers advancing out of this group will be placed in either the Senior or Senior Elite training groups based on age, ability, and commitment level.**

**Senior**

**This program is designed for swimmers who have extensive experience in competitive swimming and have demonstrated the ability to make a serious commitment to achieving their full potential.  Swimmers in these groups are expected to be positive, hard-working representatives of Solo Aquatics and USA Swimming.  The goals and actions of Senior swimmers should reflect the core objectives of USA Swimming: to build, promote, and achieve competitive success.**

**In this program, we will stress the establishment of proper stroke technique and solid fundamentals as a base on which we build a program of intense and diverse endurance training.  Training will focus on preparing these swimmers for an advanced level of competition, including sectional and national level meets; as well as competing collegiately after their high school years.  Senior practices are offered six to nine times per week on an average.  Dryland sessions are offered in addition to the in-water training.**