

# North Shore Swim Club

## 2022-2023 Program Descriptions

**NSSC Programs:** NSSC believes in its stated practice requirements. We believe in a tiered approach to your child's swimming career. This approach will allow for future development with the addition of more practice time and physical/ mental trainings. Our goal is to have them performing at their highest level, while still loving the great sport of swimming. In doing so, we believe they will be in the best possible position if they choose to swim during their college experience. We monitor all swimmers to make sure they are maintaining requirements and attending appropriate swim meets.

**Stroke School/Preteam:** Non-Competitive swimmers only: (Ages 5-10). Consists of 2 practices per week for 30-45 minutes. Stroke School/ Preteam is designed for body balance, body position and freestyle/Backstroke stroke development with the introduction of breaststroke and butterfly concepts. Children must be self-sufficient and safe on their own in the water. Children must be able to complete 25 yards without stopping on their front and back unassisted. Children will advance to the Competitive White program, once deemed ready by the coaches.

**White Program: Competitive Program.** Minimum 2-Maximum 4 practices per week for 60 minutes. 15 minutes dryland/ 45 minutes swim. The White Program is designed for development of the four competitive strokes and the fundamentals of starts and turns. Children must be able to complete 50 yards of freestyle and backstroke proficiently and have basic knowledge of breaststroke and butterfly unassisted. Children must commit to one swim meet session per MONTH at the discretion of Head Facility Coach. Swimmer focus will be on 50, 100 and 200 yard/meter events.

**Blue Group Program: Competitive Program:** Minimum 3-Maximum 5 swim practices per week for 90 minutes. Dryland: 2-3 times per week for 30. Blue program is designed for stroke improvement, increased proficiency of starts & turns and the base of the swimmers aerobic conditioning. Children must have proficiency in all four strokes, starts and turns. Children must commit to a seasonal meet schedule with a championship level meet to culminate the season. Goals and objectives will be clearly defined with their facility coach. Dryland exercises and a seasonal program followed. Swimmer focus will be on 100, 200 and 500/400 yard/meter events.

**Green Program:** Minimum 5- Maximum 8 practices per week for 90 minutes/ Dryland 3 times per week for 30 minutes. The Green program is for high school, 13 and over experienced swimmers who are training to achieve their maximum potential who are seeking stroke improvement, aerobic conditioning, and the fundamentals of race strategies. Children must commit to a seasonal meet schedule with a championship level meet to culminate the season. Goals and objectives will be clearly defined with their facility coach. Dryland is expected 3 times per week. Green level swimmers who are attending a private lifting/ dryland program are expected to coordinate with their head coach to optimize their performance for championship level competitions. Swimmer focus will be on all Olympic level events.