



NAME: \_\_\_\_\_

**PLEASE READ THROUGH THIS FORM  
BEFORE YOUR FIRST "AG2" PRACTICE.**

The Age Group training level with the Liverpool Jets offers the most varied groupings of athletes within the club. In this level, we will have a 9-year old swimmer with just a year or two of experience up to a 15-year old that is beginning to make great strides toward progressing to the Junior Level. While this presents a great challenge to the coaching staff, our coaches do their best to organize practices so that all individuals can progress towards their goals, regardless of ability or experience.

However, there are certain times throughout the year when the pool schedule opens up to allow for the scheduling of multiple Age Group practices during the week. To take advantage of this opportunity, we have created a split within the Age Group program. Those athletes which achieve the criteria outlined below for the Age Group 2 (AG2) program will be invited to join a select group of their peers to begin a more challenging approach to their training in the water.

**Age Group 2(AG2) Selection Criteria:**

Head Coach's recommendation and at least two of the following criteria must be met:

1. The swimmer should be 12 years of age or older (*Head Coach's discretion on 11 and under athletes with GOLD times*).
2. The swimmer must have a Silver Time for their competitive age group
3. A recommendation from the Age Group coaching staff that the athlete has demonstrated a willingness to move towards a higher training group through consistent practice attendance, maturity, positive attitudes, and increased training abilities.

***How is the AG2 training different?***

While our attention to technique improvement will continue to play a large role in the time you spend at the pool, there will also be time spent building a strong aerobic base that is a necessary component to a swimmer's long-term development. This is especially true as athletes reach their pre-pubescent and pubescent stages (typically 12-14 in females and 13-15 in males). For this reason, a strong attendance record is necessary by the athlete.

***Is there an added cost?*** NO.



***Do I have to join the AG2 training group if I was invited?***

NO. The AG2 program ONLY works when practice attendance is kept above 80% (that's missing only once per week). We recognize that the vast majority of our athletes are involved in other activities. If an athlete is unwilling or unable to meet the attendance criteria, they should elect to stay with their current placement in the regular Age Group (AG1) program.

***If I decide not to join AG2, will I still be able to reach my goals?***

The process used to achieve more speed in the water is a relationship between proper technique and an increase in force. Our coaching staff continues to work with all of our athletes, regardless of level, to achieve this improvement. Age Group 1 will still continue to progress in this direction.

***What practices do I go to?***

During the school year...Age Group swimmers should attend practice according to this schedule:

**AG – All Age Group swimmers (AG2 and AG1)**

**AG2 – Only athletes in the AG2 training program**

**AG1 – Only athletes in the AG1 training program**

Summer Practice Schedule: MORNINGS Mon-Friday 7-9am (3 practices at Onondaga)

***How do I sign up?***

That's simple...you're in.

If there is a reason that either the parent OR the athlete do not wish to take part in this grouping, just send Coach Zac an e-mail that states that you would like to remain in AG1.

Congratulations once again! Our coaching staff is eager to begin your next progression in the sport of competitive swimming. If you have any questions, feel free to send them along.

Coach Zac

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