**Rochester Rapids Swim Team**

***Practice Location:***

Adams Street Recreation Center Pool

85 Adams Street

Rochester, NY 14608

***Contact us:***

www.rochesterrapids.com

rrstboardpresident@gmail.com

**2017 – 2018 Season**

***Practice Schedule\****

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Level** | | | | | | | | | |
| **1** | | **2** | | **3** | | **4** | | **Seniors** | |
| **Monday** | |  | | 6-7PM | | 6:30-8PM | | 6-8PM | | 6-8PM |
| **Tuesday** | | 6-7PM | |  | | 6:30-8PM | | 6-8PM | | 6-8PM |
| **Wednesday** | |  | | 6-7PM | | 6:30-8PM | | 6-8PM | | 6-8PM |
| **Thursday** | | 6-7PM | |  | | 6:30-8PM | | 6-8PM | | 6-8PM |
| **Friday** | |  | |  | |  | |  | | 4:30-6PM |
| **Saturday** | | 2-3PM | | 2-3PM | | 1:30-3PM | | 1-3PM | | 1-3PM |

***Swim Groups***

|  |  |  |
| --- | --- | --- |
| ***Level*** | ***Age Group*** | ***Group Description*** |
| Level 1 | 6 to 11 | This group is for swimmers who are new to competitive swimming or need to learn the four competitive strokes. Primary focus for this group is Freestyle and Backstroke. Swimmers will be introduced to starts and turns, safe swimming, and having FUN! Placement in this group is largely based on age and experience. |
| Level 2 | 8 to 13 | This group is for swimmers that are working toward developing all four competitive strokes. Primary focus for this group is improving Butterfly and Breaststroke. Swimmers will continue to build on Freestyle and Backstroke, as well as starts and turns. While placement in this group is largely based on age, a swimmer’s ability will also be a consideration. The goal of this group is to prepare swimmers for the jump to Age Group swimming and participation in swim meets. |
| Level 3 | 9 to 14 | For swimmers ages that can swim all four competitive strokes, building toward racing distances. While technique is still the main focus, swimmers are introduced to speed and endurance sets, a regular practice schedule, and competition. |
| Level 4 | 11+ | For swimmers ages 11 and up, the focus shifts to training while continuing improvement of the four competitive strokes. Swimmers are introduced to training programs, building swimming strength, and race strategy. Swimmers will also work with the coaching staff to create goals for the season. Consistent practice attendance and participation in meets is expected before moving on to the Senior Team. |
| Seniors | High School | This group is for swimmers ages 13 and up that are ready to refine their strokes and focus on training for competition. Senior Team swimmers will work toward mastering stroke technique and are involved in a variety of more intensive training. Senior Team workouts are intended to challenge swimmers to grow as teammates and competitors. Swimmers in this group will work with the coaching staff to set and reach short and long-term goals in and out of the water. |

\*Note: Practice times could change somewhat throughout the year, depending on Adams Street pool availability.