

TEAM OVERVIEW

Group/ Age	Days/Duration/ Distance	Emphasis	Prerequisites	Event Goals	Seasons	Meets
Age Group 1 - 4 Ages 7-10	4 Days 45 - 90 mins 1000 -3500 yds	Stroke Tech. Breathing Patterns Endurance Racing	BRIDGE TO BAC CLINICS 4 Legal Strokes Legal turns & starts	IMX EVENTS	September through end of July	Club, Dual USA Zones, Gold, Silver, Bronze
Age Group 5 - 8 Ages 11-16	4 Days 45 - 90 mins 1000 -4500 yds	Stroke Tech. Interval Training Aerobic Cond.	BRIDGE TO BAC CLINICS 4 Legal Strokes Legal turns & starts	IMX EVENTS	September through end of July	Club, Dual USA Zones, Gold, Silver, Bronze
Junior 1 & 2 Ages 10-18	6 Days 1.5 hrs Dry Land 4000 – 6500 yds	Interval Training Aerobic Cond. Stroke Tech.	AGE GROUP PERFORMANCE CLINICS Competitive Experience BB Times or 700 IMX SCORE or 800 IMR SCORE	All Olympic Events	September through end of July	USA Gold, Silver, Zones, Sectionals
Seniors Ages 13-18	6 Days, Doubles, Dry Land 5,000 - 10,000 yds	Specific Energy system Training Aerobic & Anaerobic	Junior 1/2, Strong Competitive Background A Standards or 2000 IMX SCORE	All Olympic Events	September through early August	USA Gold, Sr. States, Sectionals, Futures, Nationals