

Training Groups for 2022-2023:

Our groups will be very different this year as they will be able to be larger with subgroups. We expect to be able to hold to this grouping, but if certain groups need to split we have the ability to do that and will have quantifiable plans to make that happen. Athletes will be swimming their grade in school with certain exceptions as listed below or, if we need to, to minimize crowding.

Mariners Red Grades 1+2

This is the entry-level group for the Mariners. This group is for athletes in 1st and 2nd grade with limited or no experience in the sport but have already mastered at least two strokes. The focus of this group is to learn the competitive swimming skills necessary to have a solid foundation in the sport or improve upon the skills already obtained. We encourage the athletes in this group to attend at least two but not more than three practices a week, and strongly encourage spring participation. Summer participation is optional, but talk to your coaches in the spring to determine a plan for continuity. Appropriate competitions are strongly recommended for this group. In order to move up a group you would need to be able to swim 8 50's IM order on 1:45, have at least 50% practice attendance and must qualify for a minimum of Current YMCA Silvers. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit and fins.

Mariners White Grades 3+4

This group is primarily designed for athletes in 3rd and 4th that have already mastered at least three strokes. The focus of this group is to learn the competitive swimming skills necessary to have a solid foundation in the sport or improve upon the skills already obtained. Additionally the athletes in this group will begin to explore some conditioning elements of the sport. We encourage the athletes in this group to attend at least three but not more than four practices a week, and strongly encourage spring participation. Summer participation is optional, but talk to your coaches in the spring to determine a plan for continuity. These swimmers will be expected to participate in specific

local meets, with others optional. In order to move up a group you will be required to be able to swim 20 100's free on 1:50, have at least 60% practice attendance and must have Current State or JO cuts in at least two strokes. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit and fins.

Mariners Gray Grades 5+6

This group is primarily designed for athletes in grades 5 and 6 who have a solid competitive swimming foundation and background. The focus of this group will be refining competitive swimming skills and developing a strong aerobic base along with developing race technique. We encourage the athletes in this group to attend between three and five practices a week and expect spring and summer participation. These swimmers will be expected to participate in specific local meets with others optional. In order to move up a group you will be required to be able to swim 20 100's free on 1:35, have at least 65% practice attendance and must have Current State or JO cuts in at least two strokes. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit, fins, paddles and snorkel.

Mariners Silver Grades 7+8

These groups are designed for athletes in grades 7 and 8 who range from having a basic understanding for the sport of swimming, to having a strong competitive swimming foundation and the desire to participate in a highly competitive group. The Bronze group is designed for swimmers who are not intending to have a high commitment level to the Mariners team. Meets and attendance are not of great interest for this group. The Silver group is designed for swimmers who intend on attending at least 70% of all practices. Competitions, such as Dual Meets, Invitational Meets, and Travel Championship Meets (YMCA Champs, Sun Kissed, YMCA Nationals) are all expected. The focus of

this group will not only be able to master competitive swimming skills that will prepare them for the future, but to teach athletes the importance of being committed to the sport in order to help achieve their goals. Bronze and Silver athletes will swim year round with the Mariners and will be expected to attend practice 4 to 5 times a week. This group will have required meets, some of which will involve travel. In order to move up a group you will be required to be able to swim 20 100's free on 1:20, have at least 70% year round practice attendance and must have Current State or JO cuts in at least two strokes. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit, fins, paddles and snorkel.

Mariners Gold & Platinum High School

These groups are designed for high school aged athletes who have a very strong competitive swimming foundation and have made a large commitment to the sport. The focus of this group will be training at a level where swimming at regional and national competitions is expected. We expect the athletes in this group to attend five or more practices a week with an expectation of spring and summer participation. This group will have required meets, some of which may involve travel. Placement between the Platinum and Gold group is based on the previous season's attendance, work ethic, dryland participation, and level of communication with the coaches. These athletes should have a cap (if their hair will impede proper head position), goggles, a competitive practice suit, fins, paddles and snorkel.

***Swimmers having a difficult time balancing their lives with the expectations this team demands, should schedule a swimmer, parent, coach meeting as soon as a problem becomes evident.**