

## TEAM LEVELS

Piranha Swimming uses a "progressive" age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation.

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible with respect to abilities, commitment levels and goals. Unfortunately, this is not always the most convenient approach to take, but it is always the most productive.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

Please remember your swimmers will get out of it what they put into it. For example, if they only attend two practices per week, they will not get as much out of it if they were to attend three practices per week. While we encourage our young swimmers to try multiple activities, it is important to remember that swimming is a sport that requires hard work and dedication for positive results. Everyone's level of dedication is different and also varies by age. While at the same time, you need to make sure that you do not push too much too early as this leads to burn out and your swimmer will not enjoy it. If you need help determining what your swimmers schedule should be, please let us know

**Elite** This is the highest training group level. The swimmers in this group are completely dedicated to their swimming. The swimmers are expected to be at 8-9 practices a week, including 2-3 mornings with 1 of the mornings at the gym. Swimmers in this group are expected to attend scheduled gym workouts. These swimmers are expected to be mature, dedicated, responsible and dependable. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. Meet participation includes all team USA meets.

**Silver Plus** This group is for those swimmers who are ready to add gym workouts and a morning practices to their practice schedule. These athletes are committed to their sport. The morning practice schedule will be determined by the swimmers and the coaches to determine what will work best with their school week. The swimmers are expected to be at a minimum of 7 practices a week. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. Meet participation includes all team USA meets.

**Silver** This group's level of dedication is based on each individual's season's goals. There are no morning practice requirements. There are 6 practices offered per week. Swimmers are expected to attend 5-6 practices per week. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing. Meet participation includes all team USA meets.

**Black** This group will build our swimmers' stroke development and endurance training, working towards goal setting. There will be 5 practices offered per week. Swimmers should attend 4-5 practices per week. Attendance will be based on swimmer's goals and commitment. Meet participation includes all team USA meets.

**Red** This group will focus on stroke development and endurance training, giving the swimmers the opportunity to explore what this sport has to offer. There will be 5 practices per week and swimmers should attend 3-4 practices. Meet participation includes all team USA meets.

**Mini Plus** This group will be for our 9 and under swimmers. We will work on stroke development and keeping it fun for our young piranhas. There will be 3 practices offered per week. Attendance is based on swimmers time commitment. Meet participation includes all team USA mini meets.

**Mini** This group is for those swimmers who are not ready for the mini plus group. This group will teach the basics to these young swimmers with a focus on stroke development and enjoying their time in the swimming pool. There will be 3 practices offered per week. Meets participation includes team USA mini meets.