FOBY Swimming Practice Groups

At FOBY there is a spot for every level of swimmer from novice who wants to be part of a competitive team, all the way up to National Level swimmer representing the program at YMCA and USA Swimming events. It is a difficult, yet fulfilling task to provide the right environment, support, and opportunities for every level of swimmer. This is why at FOBY we set our 9 practice groups up to offer an age appropriate skill and training progression, which serves as a developmental ladder for all of our athletes. All 9 practice groups are briefly described below. In the next section, each group has its own detailed requirements, goals, and factors for next-group readiness.

**Mini 1**

The Mini 1 Group is the first level in the 9-group developmental ladder at FOBY. The objective is to introduce the sport and begin building swimming enjoyment and excellent swimming skills.

**Mini 2**

The Mini 2 Group is the second level in the 9-group developmental ladder at FOBY. The objective is to continue building swimming enjoyment and excellent swimming skills.

**Junior 1**

The Junior 1 group is the third group in the 9-group developmental ladder at FOBY. Swimmers in this group are aged 9-11 who need more fundamental development opportunities.

**Junior 2**

The Junior 2 group is the fourth group in the 9-group developmental ladder at FOBY. Swimmers in this group are ages 9-11 who need more advanced development opportunities.

**Junior 3**

The Junior 3 group is the fifth group in the 9-group developmental ladder at FOBY. Swimmers in this group are ages 10-12 who need more advanced development opportunities.

**Junior 4**

The Junior 4 group is the sixth group in the 9-group developmental ladder at FOBY. This group is for swimmers ages 10-12 who have a strong competitive swimming background and have shown the desire to make a year-round commitment to the sport.

**Senior 1**

The Senior 1 group is the seventh group in the 9-group developmental ladder at FOBY. This group is for swimmers ages 13/Over who have a competitive swimming background, have shown the desire to make a year-round commitment, and who need more advanced development opportunities.

**Senior 2**

The Senior 2 group is the eighth group in the 9-group developmental ladder at FOBY. This group is for swimmers ages 13/Over who have a competitive swimming background, make a year-round commitment to the sport, and are ready for more advanced training opportunities.

**Senior 3**

The Senior 3 group is the top group in the 9-group developmental ladder at FOBY. This group is for swimmers ages 13/Over who have a strong competitive swimming background, make a year-round commitment to the sport, and are ready for more advanced training opportunities.
The Mini 1 Group is the first level in the 9-group developmental ladder at FOBY. The objective is to introduce the sport and begin building swimming enjoyment and excellent swimming skills.

Requirements:

1. Swimmers must be able to complete a lap of freestyle and backstroke without hesitating or breaking.
2. Swimmers ages 6-8 as of December 1, 2018.

Group Goal Ladder: (Listed in order of priority)

1. Love Swimming
2. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.
3. Skill Acquisition: 25 legally of all 4 strokes, 100 IM
4. Maintains 50% or higher practice attendance.

Factors in Mini 2 Group Readiness:

1. Skill Development: Must be legal in 3 strokes
2. Maturity & Behavior
3. Coaches Discretion
4. Practice Management
5. Achievement of Mini 1 Goals

Fall/Winter Swim Meet Attendance

1. All regular season Dual Meets (4 total from Oct-January)
2. 8 & Under NJ YMCA Championships (February)
The Mini 2 Group is the second level in the 9-group developmental ladder at FOBY. The objective is to continue building swimming enjoyment and excellent swimming skills.

**Requirements:**

1. Swimmers must be able to complete a lap of freestyle and backstroke, as well as butterfly or breaststroke without hesitating or breaking.
2. Swimmers ages 6-8 as of December 1, 2018.

**Group Goal Ladder:** (Listed in order of priority)

1. Love Swimming
2. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.
3. Skill Acquisition: 25 legally of all 4 strokes, 100 IM
4. Maintains 75% or higher practice attendance.

**Factors in Junior 1 Group Readiness:**

1. Skill Development: Must be legal in all 4 strokes
2. Maturity & Behavior
3. Minimum 9 years old
4. Coaches Discretion
5. Practice Management
6. Achievement of Mini 2 Goals

**Fall/Winter Swim Meet Attendance**

1. All regular season Dual Meets (4 total from Oct-January)
2. 8 & Under NJ YMCA Championships (February)
Junior 1 Group

The Junior 1 group is the third group in the 9-group developmental ladder at FOBY. Swimmers in this group are aged 9-11 who need more fundamental development opportunities.

Requirements:
1. Swimmers must be able to complete 2 laps of freestyle and backstroke separately.
2. Swimmers must be able to complete 1 lap of butterfly and breaststroke separately.

Group Goal Ladder (Listed in order of priority)
1. Technical Development: 50 legally of all 4 strokes, 200 IM
2. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.
3. Maintains 50% or higher practice attendance.
4. NJ YMCA Championship Qualifying Times
5. NJ Swimming Junior Olympic Qualifying Times

Guidelines for Junior 2 Group Readiness
1. Technical Efficiency: Maintains proper technique through all 50’s
2. Maturity & Behavior
3. Maintains 60% or higher practice attendance.
4. 9-11 Years old
5. Coaches discretion
6. Practice Management
7. Achievement of Junior 1 group goals

Fall/Winter Swim Meet Attendance
1. All regular season Dual Meets (4 total from Oct-January)
2. All YMCA Championship meets for which they qualify. (Feb - April)
The Junior 2 group is the fourth group in the 9-group developmental ladder at FOBY. Swimmers in this group are ages 9-11 who need more advanced development opportunities.

Requirements:
1. Swimmers must be able to complete 2 laps of all 4 strokes separately.
2. Swimmers must be able to complete an entire 100 IM legally without stopping.

Group Goal Ladder (Listed in order of priority)
1. Technical Efficiency: 100 Legally of all 4 strokes, 200 IM
2. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.
3. Maintains 60% or higher practice attendance.
4. NJ YMCA Championship Qualifying Times
5. NJ Swimming Junior Olympic Qualifying Times

Guidelines for Junior 3 Group Readiness
1. Technical Endurance: Maintains proper technique through 100s
2. Maturity & Behavior
3. At least 10 years old
4. Coaches Discretion
5. Practice Management
6. Achievement of Junior 2 Group goals
7. Maintains 60% practice attendance

Fall/Winter Swim Meet Attendance
1. All regular season Dual Meets (4 total from Oct-January)
2. Mid-Season Championship Meet (December)
3. All YMCA Championship meets for which they qualify. (Feb - April)
The Junior 3 group is the fifth group in the 9-group developmental ladder at FOBY. Swimmers in this group are ages 10-12 who need more advanced development opportunities.

**Requirements:**

1. Swimmers must be able to complete 4 laps of freestyle and backstroke separately.
2. Swimmers must be able to complete 2 laps of butterfly and breaststroke separately.
3. Swimmers must be able to complete an entire 200 IM legally without stopping.

**Group Goal Ladder** (Listed in order of priority)

1. Technical Efficiency: 100 Legally of all 4 strokes, 200 IM
2. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.
3. Maintains 60% or higher practice attendance.
4. NJ YMCA Championship Qualifying Times
5. NJ Swimming Junior Olympic Qualifying Times

**Guidelines for Junior 4 Group Readiness**

1. Technical Endurance: proficiency holds up under stress in all four strokes
2. Maturity & Behavoir
3. Must Maintain 75% attendance
4. At least 10 years old
5. Coaches Discretion
6. Practice Management
7. Achievement of Junior 3 Group goals

**Fall/Winter Swim Meet Attendance**

1. All regular season Dual Meets (4 total from Oct-January)
2. Mid-Season Championship Meet (December)
3. All YMCA Championship meets for which they qualify. (Feb - April)
The Junior 4 group is the sixth group in the 9-group developmental ladder at FOBY. This group is for swimmers ages 10-12 who have a strong competitive swimming background and have shown the desire to make a year-round commitment to the sport.

**Requirements:**

1. Swimmers must be able to complete 4 laps of all 4 strokes separately.
2. Swimmers must be able to complete an entire 200 IM legally without stopping.

**Group Goal Ladder** (Listed in order of priority)

1. Race Model & Technical Proficiency across all events
2. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.
3. Maintains 75% or higher practice attendance.
4. NJ YMCA Championship Qualifying Times
5. NJ Swimming Junior Olympic Qualifying Times
6. YMCA National Qualifying Times

**Guidelines for Senior Group Readiness**

1. Technical Endurance: proficiency holds up under stress in all four strokes
2. Maturity & Behavior
3. Must Maintain 50% attendance
4. At least 13 years old
5. Coaches Discretion
6. Practice Management
7. Achievement of Junior 4 Group goals

**Fall/Winter Swim Meet Attendance**

1. All regular season Dual Meets (4 total from Oct-January)
2. Mid-Season Championship Meet (December)
3. All YMCA Championship meets for which they qualify. (Feb - April)
The Senior 1 group is the seventh group in the 9-group developmental ladder at FOBY. This group is for swimmers ages 13/Over who have a competitive swimming background, have shown the desire to make a year-round commitment, and who need more advanced development opportunities.

**Group Standards**

1. Swimmers must maintain 50% attendance.
2. Swimmers ages 13/Over as of December 1, 2018.
3. Show the ability and attitude to work in an environment of advanced training techniques.
4. In order to maintain practice continuity, avoid over-training, and reach optimal performance, it is recommended that athletes keep the coaches abreast of all high-school swimming commitments so that a plan of action that best suits the individual needs of each athlete can be put into place.
5. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.

**Group Goal Ladder** (Listed in order of priority)

1. Race Model Proficiency across all events
2. Maintains 60% or higher practice attendance.
3. NJ YMCA Championship Qualifying Times
4. YMCA National Qualifying Times
5. Identify and secure opportunities to attend college

**Guidelines for Senior 2 Group Readiness**

1. Technical Endurance: proficiency holds up under stress in all four strokes
2. Maturity & Behavior
3. Must Maintain 60% attendance
4. At least 13 years old
5. Coaches Discretion
6. Practice Management
7. Achievement of Senior 1 Group goals

**Fall/Winter Swim Meet Attendance**

1. All regular season Dual Meets (4 total from Oct-January)
2. Mid-Season Championship Meet (December)
3. All YMCA Championship meets for which they qualify. (Feb - April)
The Senior 2 group is the eighth group in the 9-group developmental ladder at FOBY. This group is for swimmers ages 13/Over who have a competitive swimming background, make a year-round commitment to the sport, and are ready for more advanced training opportunities.

**Group Standards**

1. Swimmers in this group are expected to be team leaders and role models.
2. Swimmers must maintain 50% attendance.
4. Show the ability and attitude to work in an environment of advanced training techniques.
5. In order to maintain practice continuity, avoid over-training, and reach optimal performance, it is recommended that athletes keep the coaches abreast of all high-school swimming commitments so that a plan of action that best suits the individual needs of each athlete can be put into place.
6. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.

**Group Goal Ladder** (Listed in order of priority)

1. Race Model Proficiency across all events
2. Maintains 75% or higher practice attendance.
3. NJ YMCA Championship Qualifying Times
4. YMCA National Qualifying Times
5. Identify and secure opportunities to attend college

**Guidelines for Senior 3 Group Readiness**

1. Technical Endurance: proficiency holds up under stress in all four strokes
2. Maturity & Behavior
3. Must Maintain 75% attendance
4. At least 13 years old
5. Coaches Discretion
6. Practice Management
7. Achievement of Senior 2 Group goals

**Fall/Winter Swim Meet Attendance**

1. All regular season Dual Meets (4 total from Oct-January)
2. Mid-Season Championship Meet (December)
3. All YMCA Championship meets for which they qualify. (Feb - April)
--- Senior 3 Group ---

The Senior 3 group is the top group in the 9-group developmental ladder at FOBY. This group is for swimmers ages 13/Over who have a strong competitive swimming background, make a year-round commitment to the sport, and are ready for more advanced training opportunities.

**Group Standards**

1. Swimmers in this group are expected to be team leaders and role models.
2. Swimmers are **required** to maintain 75% attendance and
3. Swimmers are expected to commit to year-round swimming.
5. Show the ability and attitude to work in an environment of advanced training techniques.
6. In order to maintain practice continuity, avoid over-training, and reach optimal performance, it is recommended that athletes keep the coaches abreast of all high-school swimming commitments so that a plan of action that best suits the individual needs of each athlete can be put into place.
7. Know the cause of the YMCA – Strengthening communities through Youth Development, Healthy Living and Social Responsibility.

**Group Goal Ladder**

While the central performance goals of the group are to improve team standing at YMCA State and National Championships, individuals should use the following goal ladder as guidance in their personal path toward excellence.

1. Maintains 85% or higher practice attendance.
2. NJ YMCA Championship Qualifying Times
3. YMCA National Qualifying Times
4. Identify and secure opportunities to attend college
5. USA Swimming Academic All-American Status: HS Sophomore + Qualifying time + 3.5 GPA
6. Junior National Qualifying Times
7. Senior National Qualifying Times
8. Invitation to USA Swimming National Select Camp
9. Olympic Trials Qualifying Times
10. National Junior Team Membership
11. Olympic Team Qualification

**Fall/Winter Swim Meet Attendance**

1. All regular season Dual Meets (4 total from Oct-January)
2. Mid-Season Championship Meet (December)
3. All YMCA Championship meets for which they qualify. (Feb - April)