

RACE Practice Group Descriptions

Practice Group		Time Standards	Attendance Expectations	Meets Reqd	Group Requirements
Sr Racers (ages 15 & up)	Sr Racer 1	Coaches Invite Only	100% attendance is required	ALL	Designed for committed, hard-working, elite-level swimmers; must maintain a positive attitude and be 100% committed to team goals. Coaches will determine if your swimmer fits this description based on times, attendance, coachability and effort.
	Sr Racer 2	Working towards Sectional times	As much as possible to increase progress	Most	Strong commitment to training to improve. Commitment to training and improvement; supplement to High School Swimming
Racers (ages 13-14)	Racer 1	13-14 "A" Times - working towards TAGS times	100% attendance is required	All	Have a strong desire to improve and put the team's needs first; must make interval times set by coach; must have a positive attitude and be a team leader
	Racer 2	13-14 "BB" Times - working towards A Times intro competitive swimming "B" times working on "BB" Times	As much as possible to increase progress	Most	Have a strong desire to improve and put the team's needs first; must take interval times set by coach; must have a positive attitude and be a team leader Commitment to training and improvement; Must demonstrate knowledge of basic drills and be able to maintain more advanced intervals
Jr Racers (ages 12 & Under)	Jr. Racer 1	11-12 "BB" Times - working on "A" Times/TAGS	100% attendance is required	All	Must demonstrate a strong desire to improve and put the team's needs first; must take interval times set by coach; must have a positive attitude
	Jr Racer 2	11-12 "B" times - working on "BB/A" Times intro to competitive swimming 4 legal strokes - Working on B/BB Times	As much as possible to increase progress	Most	Commitment to training and improvement; Must demonstrate knowledge of basic drills and be able to maintain more advanced intervals
Mini Racers (ages 10 & Under)	Mini Racer 1	10U "BB" times - working towards TAGS	100% attendance is required	All	Must demonstrate a strong desire to improve and put the team's needs first; must make interval times set by coach; must have a positive attitude
	Mini Racer 2	4 legal strokes - Working towards 10U"BB" times	As much as possible to increase progress	Most	Have a desire to improve, Have the ability to follow coaching instructions and maintain intervals; must be legal in all 4 strokes and streamline off every wall
	Mini Racer 3	Working towards 10U "B" times - Working on 4 legal strokes	As much as possible to increase progress	Most	Be able to swim 3 strokes legally. Must develop ability to understand intervals
	Mini Racer 4	Intro to competitive swimming	As much as possible to increase progress	Some	Be able to swim 25 yards freestyle and 25 yards backstroke without stopping
	Mini Racer 5	Intro to competitive swimming	As much as possible to increase progress	Some	Be able to swim 25 yards freestyle and 25 yards backstroke without stopping
	Mini Racer 6	Intro to competitive swimming	As much as possible to increase progress	Some	Be able to swim 25 yards freestyle and 25 yards backstroke without stopping

Placements are at the coaches' discretion. This document can change at any time to allow the coaches the opportunity to strengthen the swimmers individually and the team as a whole.