



ORINDA AQUATICS - GROUP STRUCTURE



The groups (Junior & Senior) are divided by **age/grade, training ability, time standards, attendance, maturity, and performance.**
 The coaches will make the decision on the most appropriate group for each swimmer.



GROUP	WORKOUT	CATEGORY	OBJECTIVES
JUNIOR 1 Focus Ages Technical Training Other Attend	JO Development Introductory 9-12 70% 30% skill focused 65% (flexible)	Standard Strokework Training Goal Sets Objective Workouts	-should be motivated to train beyond the summer season and meet minimum, competitive standards determined by the coaches; <u>legal in all strokes and be able to dive</u> -emphasis will be stroke technique, distance per stroke, starts, turns, and streamlining -training will be mild at 2,500-4,000 yards per workout; learn to feel and move through the water; prepare for 100 stroke, 200 IM and 200 Free; learn all the key skills -15x50 Free, 10x100 IM, 10x50 Stroke, 1,000 Free or Stroke with fins -improve/learn stroke technique; introduce training principals; work towards JO+ times -swimmers are encouraged to attend 3 to 5 workouts per week
JUNIOR 2 Focus Ages Technical Training Other Attend	JO/Far Western development 10-14 60% (ongoing) 40% training education 70% (flexible)	Standard Strokework Training Goal Sets Objective Workouts	-should be self-motivated and meet minimum standards, ex. 5x100 Free @ 1:30 -improve technique, stroke balance, distance per stroke, starts, turns, and streamlines -training will be moderate at 3,500-5,000 yards per workout; prepare for 200 stroke/IM and 500 Free; learn training principles and race strategy -10x100 Free @1:20, 10x100 IM @ 1:30, 1,500 Free or Stroke with fins -improve technique and conditioning to build training base; work toward FW times -swimmers should to attend 4 to 6 workouts per week
JUNIOR 3 Focus Ages Technical Training Other Attend	Far West-Sectionals Senior develop. 11-14 50% (ongoing) 50% Leadership/dryland 75%+	Standard Strokework Training Goal Sets Objective Workouts	-should be motivated, committed, competitive at or near the Far Western level and pursue Sectional times -fine tune technique to develop stroke balance; improve pacing and race strategy -more aggressive training at 4,000-6,500 yds per workout; prepare for 200 stroke, 400 IM and 500 Free to the mile. Work aggressive under water, and stroke rates. -15x100 Free @1:15, 15x100 IM @1:25, 10-20x100 Stroke on aggressive interval -develop mature training/racing habits and play a strong leadership role within the group -swimmers should attend 5 to 7 workouts per week (1 AM may be recommended)
SENIOR 2 Focus Ages Technical Training Other Attend	Western Zone+ competitive devel 9 th grade & up 40% (ongoing) 60% focused dryland 60+	Standard Strokework Training Goal Sets Objective Workouts	-should be dedicated, goal oriented and positive -improve technique, turns and underwater speed; learn pacing and race strategy -4,000-5,500 yards per workout; prepare for 200 stroke, 400 IM and 500 or 1,000 Free -15x100 Free @1:15/20, 10x100 IM at 1:30 -work towards Western Zone and Far Western times; prepare for college swimming -swimmers should attend 5 to 7 workouts per week and ALL team meets
SENIOR 3 Focus Ages Technical Training Other Attend	West Zone-Futures training/leadership 9 th grade & up 30% (ongoing) 70% aggressive dryland 75%+	Standard Strokework Training Goal Sets Objective Workouts	-should be fully committed to swimming and goal oriented; consistent attendance is expected; swimmers will be accountable to leadership -perfect technique, turns and underwater speed; develop pacing and race strategy -must be able to train aggressively at 5,000-7,000 yards per workout; develop stroke 200's, 400 IM, and distance Free -15x100 Free @1:10/15, 15x100 IM @ 1:20, 15x100 Stroke -work towards Sectional & Futures times; prepare for college swimming -swimmers are expected to attend 6 to 8 workouts per week and ALL team meets
SENIOR 4 Focus Ages Technical Training Other Attend	Sectional-National training/leadership 9 th grade & up 20% (ongoing) 80% aggressive dryland 85%+	Standard Strokework Training Goal Sets Objective Workouts	-should be fully committed to competing at a National level and fully accountable in all aspects of leadership -perfect technique, turn speed and underwater speed; perfect pacing and race strategy -train intensely at 5,500-8,000 yards/workout; prepare for 200 stroke, 400 IM, Dist Free -20x100 Free @1:10, 15x100 stroke; aggressive stroke rate training -swim at a high level with discipline & maturity; prepare for competitive college swimming -swimmers are expected to attend ALL workouts and ALL team meets

Group Notes:

All senior swimmers, beyond these guidelines and objectives, are expected to demonstrate the highest level of character and integrity and move toward a leadership role on this and all teams in which they participate. Swimmers who are not at or near the time standard for a group may be considered to move up if they are extraordinary in other areas such as training ability, attendance, maturity and leadership. 8th graders may be moved up if they meet the criteria for the senior group. This will be the coaches' decision.