

The Head Coach/Head Age Group Coach will determine the most appropriate group if there is any question on group placement.

Group Name	Practice Time	Attendance Requirement	Competition
<p><b>Senior Blue*</b> This group is for anyone in 7-12<sup>th</sup> grade that is competing in high school and those in junior high who are ready to train</p>	<p>3:15-5:45pm (wts/dryland)</p>	<p>5 afternoons offered M-F (90% for hs letter). Some Saturday mornings. Tues/Thurs a.m. if recommended by Gary.</p>	<p>All team meets and meets with qualifying standards if swimmer has them. High School meets are required</p>
<p><b>Senior Gold*</b> This group is for 7-12<sup>th</sup> grade who are going to be competing in high school and those in junior high who are ready to train. The group starts in late October to accommodate those 7-12<sup>th</sup> grade who are in a fall sport</p>	<p>3:15-5:45pm (wts/dryland)</p>	<p>5 afternoons offered M-F (90% for hs letter). Some Saturday mornings. Tues/Thurs a.m. if recommended by Gary.</p>	<p>All team meets and meets with qualifying standards if swimmer has them. High School meets are required</p>
<p><b>Age Group Blue</b> Swimmers in this group are typically 9 years old through 6<sup>th</sup> grade. Swimmers will be divided into groups based on swimmers ability. Blue 1: More of a training group is recommended to be able to do: Multiple sets of 50's, 100's and IM Blue 2: Developmental group focusing on: Technique development, introduction to Meets</p>	<p>5:30-7:00pm</p>	<p>Blue 1: Recommend 4-5 practices per week M-F; Focus on Regional meet and JOs.  Blue 2: Recommend 3-4 practices per week M-F; Focus on stroke technique/development and competitive swimming basics. Focus on Regional meet at the end of the season</p>	<p>All team meets and meets with qualifying standards if have them. Any prelim/final meets.  NEW Swimmers: none required but recommend Developmental meets and BGSC Invite</p>
<p><b>Age Group Gold</b> Swimmers in this group are all 8&amp;unders. Swimmers will be divided into groups based on swimmers' ability. Gold 1: Must be able to swim 50's of Freestyle and Backstroke, 25's of Breaststroke and Butterfly Gold 2: Must be able to do a 25 of Freestyle and Backstroke, also be able to demonstrate Breaststroke and Butterfly Gold 3: Must be able to demonstrate Freestyle and Backstroke</p>	<p>6:00-7:00pm</p>	<p>Days offered: M/Tu/Th/F Gold 1: Recommend 3-4 practices per week; Focus on Technique and instruction of interval sets Gold 2: Recommend 3 practices per week; Focus on Technique, instruction of starts and turns, work on all four strokes meet legal Gold 3: Recommend 3 practices per week; Focus on learning the four competitive strokes</p>	<p>None required, BGSC Invite and Developmental meets recommended</p>
<p><b>Sooner or Later Gators</b> This group focuses on competitive swimming basics. Learning to use their arms, using a kickboard, proper kicking technique, racing start introduction,</p>	<p>5:30-6:00</p>	<p>Days offered: M/Tu/Th Recommend 2-3 practices per week</p>	<p>None</p>

\*Swimmers coming late due to school hours will be provided the opportunity to stay after practice to complete the workout.

**NOTE:** Some registration groups are named differently to assist in the alignment of the practice seasons for those in Fall Sport or return to their High Schools during the HS Season. Regardless of registration group, ALL athletes will be placed into one of the above Age or Grade level groups.