

TECHNICAL DIVISION

Foundational groups focused on technique, habits, dryland skills, understanding what it means to be a contributing member of a team, and most importantly - fun!

Alpha: For swimmers 9 & under. Alpha will primarily work on technique with a focus on kicking, body position, drills, streamlines, and basic skills in all four strokes.

- 3 practices per week for 60 minutes.
- *Required Equipment:* Kickboard, long fins, cap/goggles & water bottle.

Bravo: For swimmers ages 8 - 11 years old. This group will continue to build on technique with a focus on mechanics in all four strokes, starts, turns, body position kicking, and underwater kicking. This group will also learn the importance of being a part of a team.

- 4 practices per week for 75 minutes to 90 minutes.
- Goal is to complete a legal 100 IM & 50s of all 4 strokes.
- Group flexibility and dryland programming is introduced.
- *Required Equipment:* Kickboard, long fins, PDFs, Pull Buoy, cap/goggles, & water bottle

HAWK DIVISION

Continued focus on technical development, and being supportive, respectful teammates. They will do daily main sets and be introduced to different training concepts. These groups will be expected to attend their highest qualified championship meet in the winter & summer seasons. While there is no attendance requirement, attending at least 60% of the practices offered will ensure better results.

Redhawks: For swimmers ages 9-12 years old. This group will learn the importance of being supportive teammates and follow coach instruction. Red Hawks receive highly instructional introduction to more advanced drills & technical concepts. Swimmers will learn different speeds & will be introduced to goal setting & main sets.

- 4 practices per week for 90 minutes plus dryland time.
- Swimmers should be able to complete 6x100 Freestyle on a 2:00 cycle.
- Goal is to compete in 100s of all 4 strokes & 200 Freestyle.
- 55% attendance is required to participate in Championship meets.
- *Required Equipment:* Kickboard, power fins, PDFs, pull buoy, hand paddles, snorkel, tempo trainer, extra cap/goggles, & water bottle.

Silverhawks: For swimmers ages 11-14 years old. Our Silver Hawks will continue receiving instruction on advanced drills & technical concepts. The overall yardage of this group will increase with an emphasis on underwater kicking, daily main sets, and monthly test sets to track their progress.

- 5 practices per week for 90 minutes plus dryland time.
- Swimmers should be able to complete 6x100 Freestyle on a 1:45 cycle.
- Goal is to compete in the Red Hawk Events plus 500 Freestyle & 200s of stroke.
- 55% attendance is required to participate in Championship meets.
- *Required Equipment:* Kickboard, power fins, PDFs, pull buoy, hand paddles, snorkel, tempo trainer, extra cap/goggles, & water bottle.

Blackhawks: For swimmers ages 13-15 & Freshman in highschool . Our Black Hawks will transition into technique refinement & IM-based aerobic training throughout the season. These swimmers will also be introduced to anaerobic training to prepare them for the Senior Division. This group will continue to emphasize underwater kicking, daily main sets, and goal setting. They will learn race strategies & time management skills. *75% attendance is encouraged to achieve maximum potential.*

- 6 practices per week for 90 to 120 minutes plus dryland.
- Swimmers should be able to complete 6x100 Freestyle on a 1:30 cycle.
- Weight training will be introduced.
- Goal of competing 400 IM, 500 Free, and 200s of all 4 strokes.
- 55% attendance is required to participate in championship meets.
- *Required Equipment:* Kickboard, Kickboard drag chute, power fins, PDFs, pull buoy, hand paddles, snorkel, tempo trainer, cap/goggles, & water bottle.

SENIOR DIVISION

IM based aerobic & anaerobic power training with technique refinement. The Senior Division will be supportive, active, team leaders. They will be on time, accountable, and willing to challenge themselves everyday.

Senior Prep: For swimmers ages 15-18 years old. Swimmers in this group participate in other activities/sports and are not able to commit to our Senior Performance group. This group is also for any swimmers looking to prepare for the high school season. Senior Prep will focus on technique and aerobic training to help build endurance.

- Swimmers will be able to choose year-round or high school pre/post training programs.
- 6 practices per week for 90 to 120 minutes.
- To be considered for Senior Performance - swimmers must make 75% of practices.
- *Required Equipment:* Kickboard, power fins, hand paddles, snorkel, caps/goggles, & water bottle

Senior Performance: For swimmers ages 15-18 years old - coaches invitation only. This group will focus on technique refinement and aerobic/anaerobic training. Swimmers in this group are striving for Sectionals, Futures, and other national level meets. The swimmers are expected to have goals, be positive leaders & supportive teammates. This group is expected to attend the highest level Meet they qualify for.

- 8 practices per week for 90-120 minutes plus dryland.
- Dryland: Weight training, power, and endurance will be an emphasis 3 times per week.
- 75% attendance is required.
- Compete in the highest qualified meet during winter and summer seasons
- *Required Equipment:* Kickboard, Kickboard drag chute, power fins, PDFs, pull buoy, hand paddles, snorkel, tempo trainer, cap/goggles, & water bottle.