

**\*Total Costs include Registration Fee, Team Fee, USA Swimming Membership, and Weight Room Fees where applicable. Fees not included: Meet Fees**

Group Descriptions:

**Junior 1 – Total Cost: \$825.00\***

This is an introductory practice group for swimmers age 6-8 years old. The emphasis in this group is on developing fundamentals of the four strokes through drills and games in a fun atmosphere. The coaches teach and interact with the swimmers in and out of the water. The swimmers in this group also learn the basics of competitive swimming.

Equipment Needed: No equipment required; Fins, Kickboard, Mesh Bag suggested

Practice Requirements: No requirements; 2-3 practices per week suggested

**Junior 2 – Total Cost: \$895.00\***

This group is for swimmers aged 9-10 years old. This group places an emphasis on stroke mechanics as well as establishing good practice habits. Interval training will also be introduced at this level along with many teachings of competitive swimming. Dryland exercises meant to help develop fine motor skills will consist of stretching and basic body weight exercises.

Equipment needed: Fins, Kickboard, Pull Buoy, Equipment Mesh Bag.

Practice Requirements: No requirements; 3 practices per week suggested

**Age Group 1 – Total Cost: \$1037.00\***

This group is for swimmers aged 11-12 years old. This group places an emphasis on stroke mechanics as well as establishing good practice habits. Interval training will be used at this level along with the ability to train IM/Stroke on a 1:10 base per 50 up to 200. Ability to pay attention for 75 mins or longer is required. Dryland exercises will continue to develop large and fine motor skills and will introduce medicine ball and early season running.

Equipment needed: Fins, Kickboard, Pull Buoy, Paddles, Nose Clip, Training Band (Pull strap) and Equipment Mesh Bag required. Speedo Bullet Jr. Snorkel is suggested.

Practice Requirements: No requirements; 3-4 practices per week suggested

**Age Group 2 – Total Cost: \$1162.00\***

This group is for swimmers aged 11-12 years old, minimum age 10.5. This group is IM based and will train starts, turns, and aerobic conditioning. Swimmers will be introduced to Cycle and Kick count and Heart Rate Chart and implement race strategies and goal setting. Interval training will be used at this level along with the ability to train IM/Stroke on a 1:00 base per 50 up to 200. Ability to pay attention for 90 mins or longer is required. Dryland exercises will continue to develop large and fine motor skills and swimmers will be introduced to the medicine ball and early season running. USA Membership is required.

Equipment needed: Fins, Kickboard, Pull Buoy, Paddles, nose clip, Training Band (Pull strap) and Equipment Mesh Bag required. Speedo Bullet Jr. Snorkel is suggested.

Practice Requirements: 70% monthly attendance required

### **Age Group 3 – Total Cost: \$1222.00\***

This group is for swimmers aged 13-14 years old, minimum age 12.5. This group is IM based and will train starts, turns, and aerobic conditioning. Swimmers will use Cycle and Kick count, Heart Rate Chart and implement race strategies and goal setting. Interval training will be used at this level along with the ability to train IM/Stroke on a 1:00 base per 50 up to 200. Ability to pay attention for 90 mins or longer is required. Dryland exercises will continue to develop large and fine motor skills and swimmers will utilize the medicine ball and early season running. USA Membership is required.

Equipment needed: Fins, Kickboard, Snorkel, Pull Buoy, Paddles, Nose Clip, Training Band (Pull strap) and Equipment Mesh Bag

Practice Requirements: No Requirement; Recommended No Less Than 3 per week

### **Age Group 4 – Total Cost: \$1502.00\***

This group is for swimmers aged 13-14 years old, minimum age 12.5, with proven ability in all four strokes. There is a strong emphasis in refining technique before increasing training volume. There is a gradual increase in endurance and IM training throughout the season. Practices are geared to prepare swimmers for the next group. Short term and long-term goals are identified and stressed in this group. Dryland work includes body weight exercises, medicine balls and will introduce weight training. Advanced Nutrition is discussed, as well as an introduction into Mental Training. USA Membership is required.

Equipment needed: Fins, Kickboard, Snorkel, Pull Buoy, Paddles, Nose Clip, Training Band (Pull strap) and Equipment Mesh Bag required.

Practice Requirements: 75% monthly attendance required

### **Senior 1– Total Cost: \$1602.00\***

This group is for swimmers aged 15 and over, minimum age 14.5, with proven ability in all four strokes. There is a strong emphasis in refining technique before increasing training volume. There is a gradual increase in endurance and IM training throughout the season. Practices are geared to prepare swimmers for the next group. Short term and long-term goals are identified and stressed in this group. Dryland work includes body weight exercises, medicine balls and will introduce weight training. Advanced Nutrition is discussed, as well as Mental Training. USA Membership is required.

Practice Requirements: No Requirement; Recommended No Less Than 4 per week

Equipment needed: Fins, Kickboard, Snorkel, Pull Buoy, Paddles, Nose Clip, Short Fins, Training Band (pull strap), and Equipment Mesh Bag required. Foam Roller is suggested.

### **Senior 2 – Total Cost: \$1812.00\***

This group is for swimmers aged 15 and over, minimum age 14.5, with proven ability in all four strokes and a desire to train with a high level of commitment and intensity. The emphasis in training will be to achieve championship level results. Short and long-term goal setting is stressed and tracked. Practices are based on endurance and strength, speed conditioning and technique refinement. Dryland work includes body weight exercises, medicine balls and weight training. Swimmers must demonstrate: Dedication, quality work habits and ability to manage training requirements along with personal responsibilities. USA Membership is required.

Practice Requirements: 80% Monthly attendance required

Equipment needed: Fins, Kickboard, Snorkel, Pull Buoy, Paddles, Nose Clip, Short Fins, Training Band (pull strap), and Equipment Mesh Bag required. Foam Roller is suggested.