



ABLY PRACTICE GROUP DESCRIPTIONS



All group placement decisions are made by the coaching staff and will be in the best interest of the swimmer and their long term development. Group promotions are done with consideration of the athlete's age in the younger groups and past history of times, work ethic, and shown desire to improve in the older groups. Friends and carpools may be considered but not the deciding factor.

AGE GROUPS

Cuda2- (7- 9 yr)

- Practice 3x week for 1 hour
- Designed for the beginning instructional swimmer
- Continued stroke development of freestyle and backstroke
- Begin stroke development of breaststroke and butterfly
- Building endurance will be emphasized
- Learn competition dive and flip turns
- Teach the importance of positive character traits into group and team atmosphere

CUDAS- (8 and under, must be at least 6 years old)

- Practices 3x week for 1 hour, 15 minutes
- Focus is intro to competitive swimming, teaching safe starting dive, all 4 strokes, flip turn, streamline, and body position.
- Teach the importance of positive character traits into group and team atmosphere
- Goal is to complete 100 freestyle or 100 IM in competition

BRONZE – (9-10 yr)

- Practice 4x/week for hour 15 minutes
- Focus is stroke technique and becoming more efficient in the 4 strokes
- Dry land may be introduced at this age
- Longer training sets will be introduced

SILVER- (11 – 12 yr)

- Practice 5x/week for 1 hour 1/2
- A shift to build endurance in training and expand on events entered in swim meets
- Dry land to begin developing balance, core and strength will be part of the weekly practices
- Good workout habits along with IM based training will be stressed and expected

PRE-SENIOR- (11 – 14 yr)

- Practice 5-6 x/ week for 1 hour 3/4
- A prep group to advance to Senior I or II.
- A focus on longer training, IM training as well as intro to race pace/speed work
- Attendance becomes a factor in swimmers improvement
- Challenging Dry Land and Core development
- Summer Long Course training will be expected to advance into Sr II or Sr1

SENIOR GROUPS

There are attendance requirements for Senior I and II. It will include ANY practices missed, including vacations during season and summer jobs etc. Please see your coach in planning these conflicts before the season starts.

SENIOR II – (13 & Older, 12 yr w/ Zone cut)

- Practices are 6 x / week for 2 hours
- Must commit to 80% attendance for short course season / 70% for Long Course
- Doubles are offered for Sophomores and older who are deemed ready
- Swimmers will be expected to compete in the highest level of Championships qualified
- Dry land/Lifting will be an integral part of the training
- Training will be challenging and Expectations high for those in this group
- Summer long course training will be expected for those wishing to move into Senior I
- Senior III are those who will be training pre and post high school season only with AB

SENIOR I - (13 & Older)

- Practices are 6-9 x/week for 2 hours 15 minutes, additional 45 min. of dryland and weight room work
- Senior I is only for those who have made a year round total commitment to swimming to compete Nationally
- This group will be limited to the best 25 candidates able to train at a very high level
- Morning double practices are mandatory for Sophomores and older. All in the group for summer
- Practices will be endurance based with additional speed training as a supplement
- Every swimmer in the group must commit to attend the highest level of meet qualified
- Every swimmer will be expected to be a positive role model to the team and their group
- Every swimmer will meet the minimum attendance requirement or be removed from this training group, 90% for the short course season and 80% for long course. This includes any vacations or jobs.

Because of the high standards to be in the Senior I group, not all AB swimmers will make it into this training group.

NATIONAL TEAM- *When any ABLY swimmer achieves a "National Time Standard" whether it be a YMCA, USA Jr National or USA Senior/US Open time standard they will be on the ABLY NATIONAL TEAM. They will then receive the National team warmup, bag, and any other clothing/Speed Suit supplied by our sponsor, Speedo. This status is permanent. They will travel to any National meets with the National team. The swimmer will continue to train with their respective training group as this is the group that was determined to be the most effective group for them. There will not be a National Training group anymore starting with the 2016-17 short course season. A National training Group may be a part of ABLY in the future again at some point.*