

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 selections are done strictly by age for the three younger groups. Past history of work ethic, attendance, best times, and a shown desire to improve are important for the senior practice groups. Friends and carpools may be considered but not the deciding factor.

AGE GROUP PRACTICE GROUPS

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 a 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 ½
- 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
- A 12 year old may practice with Pre-Senior if they have a Zone time in a 200 event or longer

PRE-SENIOR- (13–14 yr, not in high school)

- Practice 5-6 x/ week for 1 hour ¾
- 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 Sr I

SENIOR PRACTICE 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 – (High school aged swimmers)

- 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 by coaching staff
- 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 mandatory 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 with Time standards, by Invitation only)

- Practices are 6-9 x/week for 2 hours 15 minutes, plus 45 minutes of dryland/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 candidates able to train at a very high level with no other commitments
- Morning double practices are mandatory for Sophomores and older. Freshman will join in the summer.
- Practices will be endurance based with additional speed training as a supplement
- All swimmers in the group must commit to attend the highest level of meet qualified. Must attend Nationals.
- 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 become a member of the ABLY NATIONAL TEAM. They will 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. Achieving a National time standard does NOT mean moving to Senior I unless deemed appropriate by staff.*