



WHAT IS LIFE TIME SWIM OHIO?

Our team is a year-round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The primary goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her ability level ranging from novice to international competition.

All our coaches are USA swim certified swim coaches that have access to the most comprehensive training and certification programs available.

In order to represent Life Time Swim Ohio in the USA all swimmers must be current and active members of Life Time Fitness and of USA Swimming. Swimmers can join the team starting at age 6 as long they are able to meet the minimum swimming requirement.

WHY CHOOSE LIFE TIME SWIM OHIO?

Life Time Swim Ohio has many benefits that you might not be able to find at other pools.

Multiple Locations: We have 4 different satellite practice locations in the Ohio Area. These include Dublin, Easton, Deerfield (Cincinnati), Beachwood (Cleveland) along with locations in many states.

Membership: Life Time is proud to offer many membership options for our Swim families that can allow the parents and families to enjoy our facilities while your child swims. Some of the many amenities include the Life Café, Life Spa and Salon, workout center, group fitness, Life Power Yoga, Life Time Run, Life Time Cycle, Racquetball, Ultimate Hoops and Rock wall just to name a few.

To be Part of Something Big: The Life Time Swim Ohio started in the Fall of 2016 with over 200 swimmers and is growing every day. Be a part of the growing swim movement.



WHAT IS USA SWIMMING ALL ABOUT?

USA Swimming is the national governing body for swimming in the United States. USA Swimming is composed of 60 swimming associations (Local Swim Committees or LSC's). We are in the Central Zone. As a USA registered athlete, swimmers will be given a unique identification number which will follow them throughout their swimming career.

USA Swimming offers a variety of programs that are geared to all levels of swimmers, from youngsters learning to swim to world-class athletes. The USA Swimming Age Group program is designed to benefit younger athletes in the early stages of their competitive swimming careers while preparing them for senior, college, national, and international level swimming. Age Group Swimmers participate in local regional and national level meets and various championships.

Regionally, zone meets are held in four areas of the country at the end of each short course and long course season. The swimmers progress from local age group and senior championships, to zone championships and/or sectional championships, to junior or senior nationals and then on to various international championship meets

Local championship meets begin to prepare our swimmers for the regional championships and beyond.

The Senior National Championships and specially conducted trials used to select swimmers for the United States Team at the State, Regional and National levels.

Life Time Swim Ohio

Team Structure

Developmental 1

This level, open to swimmers 5-8 years of age, is the Part 1 of Phase I of the competitive swim team. Eligible candidates will need to have completed Wave 601 of the Life Time Swim Lesson Program or equivalent from another program. Needs be able to swim 25 yards of Freestyle and Backstroke, as well as the basic components and understanding of Butterfly and Breaststroke.

Swimmers will be introduced to the basics of the swim team. We will teach them basic drills that focus on the core fundamentals of all 4 strokes that will prepare each swimmer to move to the other levels of the swim team. They will be taught that swimming is a team sport and they will learn to respect other team members accordingly.

Typically, practice will be held in the Indoor Leisure pool and Coaches will be in and out of the water teaching this group.

Practice sessions will focus on fine tuning their stroke techniques, proper kicking and breathing techniques. Additional objectives to teach swimmers to love the water and have fun swimming.

BASIC REQUIREMENTS:

- 1) Swimmer has the ability and willingness to listen and respond to Coaches instructions and suggestions in a team format
- 2) Swimmer must have the attention span and disposition to work cooperatively in a team practice setting
- 3) Swimmer needs to be independent from parent who will be off the pool deck during swim team practice lanes (inside and outside)
- 4) Completed Wave 601 of the Life Time Swim Lesson Programs or an equivalent from another program.
- 5) All group placements are up to the Coaches discretion based on what is best for the swimmer and the team

Age Requirement: 5-8 years-old

Practice per Week: 2 days in the water per week for 45 minutes

Dryland: N/A

Coach Ratio: 1:6

Focus: 90% Drills/Technique / 10% Endurance

Meet Expectations: N/A

Equipment Required: None (Life Time will supply all the equipment)

USA Registration Required: No

Cost Per Month: \$115.00

Developmental 2

This level, open to swimmers 6-10 years of age, is Part 2 of Phase I Level of the competitive swim team. Eligible candidates will need to have completed Wave 601 of the Life Time Swim Lesson Program or equivalent from another program. Needs be able to swim 25 yards of Freestyle and Backstroke, as well as the basic components and understanding of Butterfly and Breaststroke.

Swimmers will continue to be taught the basics of the swim team. We will continue to teach them common drills and lingo used in the upper groups so each swimmer will be prepared as they move up to the other levels. To ensure they know this a team sport and teaching them to respect other team members accordingly. Additional objectives to teach swimmers to love the water and have fun swimming.

Typically, practice will be held in the Indoor Leisure pool and Coaches will be in and out of the water teaching this group.

Practice sessions will focus on fine tuning their stroke techniques including advancing their skills on Butterfly and Breaststroke. Other skills reinforced include proper kicking, breathing techniques and increasing their yardage. We will reinforce the legal techniques of each stroke, along with turns, finishes and introduce them to the USA Dive Progression stages.

BASIC REQUIREMENTS:

- 1) Swimmer has the ability and willingness to listen and respond to Coaches instructions and suggestions in a team format.
- 2) Swimmer must have the attention span and disposition to work cooperatively in a team practice setting.
- 3) Swimmer needs to be independent from parent who will be off the pool deck during swim team practice lanes.
- 4) Completed Wave 601 of the Life Time Swim Lesson Programs or equivalent from another program.
- 5) All group placements are up to the Coaches discretion based on what is best for the swimmer and the team.

Age Requirement: 6-10 years-old

Practice per Week: 3 days in the water per week for 60 minutes

Dryland: N/A

Coach Ratio: 1:8

Focus: 85% Drills/Technique; 15% Endurance

Meet Expectations: 1 – 2 meets every 2 months (based on Coaches discretion)

Cost Per Month: \$120.00

Additional Cost:

Equipment Required: Fins, Googles, Kick Board, Mesh Bag

USA Registration Required: Maybe based on Coaches recommendation and discretion

If Yes: *Annual Membership effective September 2021 covered through August 2022 and renewable every September thereafter*

Cost for USA registration: \$110.00 (\$79 USA Membership, \$23 Administration, \$8 LSC)

Bronze I

This level, open to swimmers 7-12 years of age, is Part 1 of Phase II level of the competitive swim team. Eligible candidates should be able to swim a minimum of 50 yards of freestyle and backstroke and a minimum of 25 yards of breaststroke and butterfly as close to legal USA level stroke.

Bronze will have a two-fold focus: to continue refining the major skill components of each stroke, turn and finish, and to develop swimming endurance. In addition, swimmers will participate in a basic dry-land training program designed to build general body strength, to enhance technique, and to improve overall flexibility. The emphasis with this group is to provide swimmers with the technique necessary to succeed at a higher level and to prepare swimmers for the Silver group.

Pool sessions will include a focus on technique through a series of stroke and turn progressions. In addition to focusing on improving the technical side of their strokes, there will be challenge sets during each practice designed to build overall endurance through kicking and timed endurance swims.

BASIC REQUIREMENTS:

- 1) The focus is almost entirely on developing and expanding correct fundamentals and to have the willingness to sacrifice speed for efficiency. This concept can sometimes work against a swimmer's short-term success at this age. At this level, there is a great merit in competition based on skill development.
- 2) A heavy emphasis on kicking. Coaches make kicking a high percentage of the conditioning aspect of training.
- 3) It is important to make swimming fun and enjoyable. The most significant responsibility for coaches of Bronze swimmers is teaching the swimmers to love the water and to love the sport.
- 4) Introduction of Dryland training, endurance, and conditioning.
- 5) Swimmers need to be coachable and have good listening skills.
- 6) Swimmer needs to be independent from parent who will be off the pool deck during swim team practice lanes and during dryland activity.
- 7) All group placements are up to the Coaches discretion based on what is best for the swimmer and the team

Age Requirement: 7-12 years-old

Practice per Week: 3-4 days in the water for 60 minutes each practice

Dryland: (PENDING) 2 times a week for 30 minutes each

Coach Ratio: 1:10

Focus: 80% Drills/Technique; 20% Endurance

Minimum Meet Expectations: 1 per month

Cost Per Month: \$130.00

Additional Costs:

Equipment Required: Fins, Goggles, Kick Board, Mesh Bag

USA Registration Required: *Yes. Annual Membership effective September 2021 covered through August 2022 and renewable every September thereafter.*

Cost for USA registration: \$110.00 yearly (\$79 USA Membership, \$23 Administration, \$8 LSC)

Bronze 2

This level, open to swimmers 8-13 years of age, is Part 2 of Phase II level of the competitive swim team. Eligible candidates should be able to swim with legal strokes and turns 50-yard Freestyle, Backstroke, Breaststroke and Butterfly.

Bronze will have a two-fold focus: to continue refining the major skill components of each stroke, turn and finish, and to develop swimming endurance. In addition, swimmers will participate in a basic dry-land training program designed to build general body strength, to enhance technique, and to improve overall flexibility. The emphasis with this group is to provide swimmers with the technique necessary to succeed at a higher level and to prepare swimmers for the Silver group.

Pool sessions will include a focus on technique through a series of stroke and turn progressions. In addition to focusing on improving the technical side of their strokes, there will be challenge sets during each practice designed to build overall endurance through kicking and timed endurance swims.

BASIC REQUIREMENTS:

- 1) The focus is almost entirely on developing and expanding correct fundamentals and to have the willingness to sacrifice speed for efficiency. This concept can sometimes work against a swimmer's short-term success at this age. At this level, there is a great merit in competition based on skill development.
- 2) A heavy emphasis on kicking. Coaches make kicking a high percentage of the conditioning aspect of training.
- 3) At every level, but particularly Bronze 2, we start taking a long-term approach to swimmer development. Once swimmers begin in our program, we want them to have the preparation and tools they will need to make swimming a lifetime activity leisurely and competitively.
- 2) Swimmers need to be coachable and have good listening skills
- 3) Swimmer needs to be independent from parent who will be off the pool deck during swim team practice lanes and during dryland activities.
- 4) All group placements are up to the Coaches discretion based on what is best for the swimmer and the team.

Age Requirement: 8-13 years-old

Practice per Week: 4 days in the water for 60 minutes each practice

Dryland: 2 times a week for 30 minutes each

(This will be before or after practice and is considered part of the regular practice)

Coach Ratio: 1:10

Focus: 75% Drills/Technique; 25% Endurance

Minimum Meet Expectations: 1 per month

Cost Per Month: \$140.00

Additional Costs:

Equipment Required: Fins, Goggles, Kick Board, Paddles, Snorkel and Mesh Bag

USA Registration Required: *Yes. Annual Membership effective September 2021 covered through August 2022 and renewable every September thereafter*

Cost for USA registration: \$110.00 yearly (\$79 USA Membership, \$23 Administration, \$8 LSC)

Silver 1

This level, open to swimmers 10-14 years of age, is part 1 of Phase III level of the competitive swim team. Eligible candidates should be able to swim 50 yards Freestyle, Backstroke, Breaststroke, and Butterfly with legal strokes and turns, and have at least 2 BB Time Standards in two *different* strokes.

Silver will have a two-fold focus: to provide swimmers with both the technical and the physical fitness necessary to compete at Regionals and Championship events. This program is designed to build general and specific swimming strength, enhance technique, to prevent injuries and to improve overall flexibility.

This phase is a transitional level where the emphasis begins to change from primarily teaching to a relatively equal balance of technique work and physiological development.

Additional emphasis with the Silver group will be to provide swimmers aerobic conditioning while holding proper technique throughout a challenge set. The primary purpose of this group is to prepare swimmers for the Gold Level.

Pool sessions will include low, medium and high intensity endurance training, technical-sprint sets and quality kick sets. Sessions will also focus on building endurance and speed. There will be a continued emphasis put on technique through a series of stroke and turn progressions. Each challenge set will be driven by quality swimming versus the quantity of the swim.

BASIC REQUIREMENTS:

- 1) Swimmers will have a moderate level of competitive swimming experience.
- 2) Dryland training, endurance, conditioning, stroke refinement, race strategy, competitive skills, goal setting and an understand of time standards are emphasized
- 3) Low intensity aerobic conditioning is emphasized, and athletes begin to do more yardage on a weekly basis. It is important that the fundamental skills developed in Phase I & II not to be compromised as swimmers begin to swim farther and faster in practice.
- 4) New emphasis of maximizing the number of training days per week. Peak performance efforts are put off until the latest point possible in each season. Likewise, the importance of swimming through the year becomes a point of focus. This training philosophy carries through the higher levels of the program
- 5) Although the overall level of training expected of swimmers increases during this phase of the program coaches are charged with being creative and making the experience fun and enjoyable. Coaches have the special ability to make hard work be fun.
- 6) All group placements are up to the Coaches discretion based on what is best for the swimmer the team.

Age Requirement: 10-14 years-old

Practice per Week: 5 days in the water for 75 minutes each practice

Dryland: 3 times a week for 30 minutes each
(This will be before or after practice and is considered part of the regular practice)

Coach Ratio: 1:15

Focus: 70% Drills/Technique; 30% Endurance

Minimum Meet Expectations: 1-2 meets per month

Cost Per Month: \$150.00

Additional Costs:

Equipment Required: Fins, Goggles, Kick Board, Paddles, Snorkel, Mesh Bag

USA Registration Required: Yes. Annual Membership effective September 2021 covered through August 2022 and renewable every September thereafter

Cost for USA registration: \$110.00 yearly (\$79 USA Membership, \$23 Administration, \$8 LSC)

Silver 2

This level, open to swimmers 11 – 15 years of age, this is Part 2 of the Phase III level of the competitive swim team. Eligible candidates should be able to swim 50 Freestyle, Backstroke, Breaststroke, and Butterfly with legal strokes and have at least 2 BB Time Standards in two **different** strokes.

Silver will have a two-fold focus: to provide swimmers with both the technical and the physical fitness necessary to compete at Regionals and Championship events. This program is designed to build general and specific swimming strength, enhance technique, to prevent injuries and to improve overall flexibility.

This phase is a transitional level where the emphasis begins to change from primarily teaching to a relatively equal balance of technique work and physiological development.

Additional emphasis with the Silver group will be to provide swimmers aerobic conditioning while holding proper technique throughout a challenge set. The primary purpose of this group is to prepare swimmers for the Gold Level.

Pool sessions will include low, medium and high intensity endurance training, technical-sprint sets and quality kick sets. Sessions will also focus on building endurance and speed. There will be a continued emphasis put on technique through a series of stroke and turn progressions. Each challenge set will be driven by quality swimming versus the quantity of the swim.

BASIC REQUIREMENTS:

- 1) Swimmers will have a moderate level of competitive swimming experience.
- 2) Dryland training, endurance, conditioning, stroke refinement, race strategy, competitive skills, goal setting and an understand of time standards are emphasized.
- 3) Low intensity aerobic conditioning is emphasized, and athletes begin to do more yardage on a weekly basis. It is important that the fundamental skills developed in Phase I & II not to be compromised as swimmers begin to swim farther and faster in practice.
- 4) Continued emphasis of maximizing the number of training days per week. Peak performance efforts are put off until the latest point possible in each season. Likewise, the importance of swimming through the year a point of focus. This training philosophy carries through the higher levels of the program.
- 5) Focus on preparation for the 100/200 IM and 200/500 freestyle events. Even if swimmers show promise in specific events, we focus on promoting interest and participation in all events including IM and distance events.
- 6) All group placements are up to the Coaches discretion based on what is best for the swimmer and the team.

Age Requirement: 11 -15 years-old

Practice per Week: 5 days in the water for 90 minutes each practice

Dryland: 2 times a week for 30 minutes each
(This is considered part of the regular practice)

Coach Ratio: 1:15

Focus: 60% Drills/Technique; 40% Endurance

Minimum Meet Expectations: 1 – 2 meets per month

Cost Per Month: \$155.00

Additional Costs:

Equipment Required: Fins, Googles, Kick Board, Paddles, Snorkel, Mesh Bag

USA Registration Required: Yes. Annual Membership effective September 2021 covered through August 2022 and renewable every September thereafter

Cost for USA registration: \$110.00 yearly (\$79 USA Membership, \$23 Administration, \$8 LSC)

Gold 1/ Gold 2 – Seniors

This level, open to swimmers 13-18 years of age, this is Phase IV level of the competitive swim team. Eligible candidates will have at least two A Time Standards in two *different* strokes as well as all B Times throughout.

Gold will have a two-fold focus: to provide swimmers with both the technical and the physical fitness necessary to compete at the Regional/State level and beyond. In addition to an extensive in-water program, Gold will offer a year-round advanced dry-land training program. This program is designed to build general and specific swimming strength, to enhance technique, to prevent injuries and to improve overall flexibility. The dryland training program is an integral part of the Gold level curriculum.

The main point of emphasis with the Gold group will be improve endurance, refine stroke skill and gain competitive experience. As this is the most advanced group of the swim team, the focus shifts from an aerobic base to faster swimming in practice while holding proper stroke technique.

Pool sessions will include low, medium and high intensity endurance training, technical-sprint sets and quality kick sets. Sessions will also focus on building endurance and speed. There will be a continued emphasis put on technique through a series of stroke and turn progressions. Each challenge set will be driven by quality swimming versus the quantity of the swim.

BASIC REQUIREMENTS:

- 1) They are the leaders of the team and are always expected to represent the team in a positive manner. Gold swimmers should display the highest levels of commitment, work ethic, personal responsibility and sportsmanship.
- 2) This is the most advanced group and swimmers are encouraged to attend five practices per week, depending on the age of the swimmer. Regular practices attendance is crucial for both swimming improvement and injury prevention.
- 3) Build a solid foundation for continued improvement by emphasizing distance in all strokes and IM training. Continue to work on all strokes and distance in both practice and meets.
- 4) Although aerobic conditioning is still the highest priority, athletes begin to do more anaerobic threshold work. As swimmers swim faster in practice a greater percentage of the time, it is critical that technique is not compromised.
- 5) All group placements are up to the Coaches discretion based on what is best for the swimmer and the team.

Age Requirement: 13 - 18 years-old

Practice per Week: Gold 1: 5 days in the water for 120 minutes each practice;
Gold 2/Seniors: 6 days in the water for 120 minutes each practice

Dryland: Gold 1: 2 times a week for 30 minutes each; Gold 2/Seniors: 2 times per week for 45 minutes each
(This is considered part of the regular practice)

Coach Ratio: 1:20

Focus: 20% Drills/Technique; 80% Endurance

Minimum Meet Expectations: 1- 2 meets per month

Cost per Month: Gold 1: \$165.00 Gold 2/Seniors: \$180

Additional Costs:

Equipment Required: Fins, Googles, Kick Board, Paddles, Snorkel, Mesh Bag

USA Registration Required: Yes. Annual Membership effective September 2021 covered through August 2022 and renewable every September thereafter

Cost for USA registration: \$100.00 yearly (\$79 USA Membership, \$23 Administration, \$8 LSC)