

SwimStrong Practice Groups

This policy was developed with the thought of balancing our team with age and ability taken into consideration. These are guidelines. The HEAD COACH has final decision in determining the group placement of your child. If there are any questions concerning placement, please contact your coach.

Groups are structured in the following way:

- *Times considered include official USA swimming times & times from the SSL championship meet.*
- *Swimmers will only be moved up to the next group at the beginning of a session or when space is available and time is appropriate.*

Senior: This group consists of high school or college swimmers. This group practices 11.5 hours each week during the indoor season. To be in this group a swimmer must:

- Be in high school or beginning high school in the fall
- Commit to participate in team hosted swim meet in November
- Commit to attend 4 of 5 practices each week

Age Group Elite: This group consists mostly of swimmers between the age of 10 and 14. Swimmers in this group must be in eighth grade or younger. This group practices 8 hours per week during the indoor season. To be in this group a swimmer must:

- Be age 13 or 14 and in middle school
 - Or be age 10, 11, or 12 and have achieved at least two 11-12 age group NAG (National Age Group) 'BB' times
- Commit to participate in team hosted swim meet in November
- Commit to attend 4 of 5 practices each week
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Age Group Performance: This group consists mostly of swimmers between the ages of 9 and 13. This group practices 5 hours per week during the indoor season. To be in this group a swimmer must:

- Be age 11 to 14 and in middle school or younger
 - Or be age 9 or 10 and have achieved at least one 10 & under age group NAG 'BB' time
- Commit to participate in team hosted swim meet in November
- Commit to attend 4 of 5 practices each week
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Age Group Development: This group is an introductory competitive program for novice swimmers ages 10 and under interested in swimming year round. Emphasis is placed on teaching the fundamentals of competitive swimming. This group practices 3 hours per week. To be in this group a swimmer must:

- Be age 10 or younger
- Be able to swim freestyle and backstroke
- Commit to participate in team hosted swim meet in November
- Commit to attend 2 of 3 practices each week