

## BCST TRAINING GROUPS 2020-2021

**Group descriptions are for a full-time non-restricted season and some specific items (such as average daily yardage, weekly training hours, and number of practices) will be subject to change based on restrictions.**

**The National Group** is designed for swimmers committed to train and prepare for National competition.

***Eligibility requirements and about the group:*** Entry into the group will be based on coaches' discretion. For consideration, a swimmer must be at least a sophomore in high school and have a minimum of three Senior Sectional cuts and/or Futures Champs cuts. The swimmer must have the ability to swim 15x100 scm Free/1:15, 15x100 scm IM/1:30, and 10x100 scm Kick/1:50.

Swimmers must be in good health and injury free and have the ability to train in all four competitive strokes. The National group swimmers must have the training base for entry into the group and have previously demonstrated consistently high attendance over the previous seasons. They must display a positive and respectful attitude, be accountable, and be committed to the process. They must be a true teammate and care about not only their own individual success, but their teammates' as well. The group dynamic and team culture is dependent on the expectation that each swimmer brings something important for the betterment of the group and the team.

Swimmers are offered 8 workouts per week and the opportunity to pursue and achieve goals on the national level. The student-athlete in this group needs to recognize that training at this level does not allow for full-time involvement in other sports or activities. The attendance policy is consistent with what's needed to achieve their full potential. Swimmers are expected to maintain a high attendance of a minimum of 80%. Swimmers must adhere to the designated meets prescribed by the National Coach, and follow the plan targeting success for the swimmer and the team. TRUST THE PROCESS!

**Additional responsibilities** include drylands, swimmer/coach conferences, meetings, team activities, etc. Enjoy the process! Appreciate the value of long-term commitment, setting/achieving goals and support in making choices consistent with stated goals.

**Major goals:** Senior Sectionals, Futures Champs, Junior National Championships, Senior National Championships, and Olympic Trials. Keep it fun!

**Workouts:** 5000-7500 scm/workout, up to 15+ plus hrs pool time/week plus dryland. The summer schedule offers additional opportunities and water time.

**Equipment:** Snorkels and fins required.

**The Senior Performance Group** is designed for swimmers committed to train and prepare for Senior Sectional and National competitions.

**Eligibility requirements and about the group:** Entry into the group will be based on coaches' discretion. To be considered, a swimmer must be at least a first-year in high school and qualified for Senior Sectionals. The swimmer must have the ability to swim 15x100scm Free/1:20, 15x100scm IM/1:35, and 10x100scm Kick/1:55.

Swimmers must be in good health and injury free and have the ability to train in all four competitive strokes. The Senior Performance group swimmers must have the training base for entry into the group and have previously demonstrated consistently high attendance over the previous seasons. They must display a positive and respectful attitude, be accountable, and be committed to the process. They must be a true teammate and care about not only their own individual success, but their teammates' as well. The group dynamic and team culture is dependent on the expectation that each swimmer brings something important for the betterment of the group and the team.

Swimmers are offered 7 workouts per week and the opportunity to pursue and achieve goals on the local and national levels. The student-athlete in

this group needs to recognize that training at this level does not allow for full-time involvement in other sports or activities. The attendance policy is consistent with what's needed to achieve their full potential. Swimmers are expected to maintain a high attendance of a minimum of 75%. Swimmers must adhere to the designated meets prescribed by the Senior Performance Coach, and follow the plan targeting success for the swimmer and the team. TRUST THE PROCESS!

***Additional responsibilities*** include drylands, swimmer/coach conferences, meetings, team activities, etc. Enjoy the process! Appreciate the value of long-term commitment, setting/achieving goals and support in making choices consistent with stated goals.

***Major goals:*** WA State Senior Champs, Senior Sectionals, and Futures Champs. Meet requirements for National Group. Keep it fun!

***Workouts:*** 5000-7000 scm/workout, up to 13+ hrs pool time/week plus dryland. The summer schedule offers additional opportunities and water time.

***Equipment:*** Snorkels and fins required.

**The Senior 1 Group** is designed for the swimmers committed to train and prepare for PNS, Regional, and Senior Sectional meets.

***Eligibility requirements and about the group:*** Entry into the group will be based on coaches' discretion. To be considered, a swimmer must be at least a first-year in high school and have qualified for PNS Champs. The swimmer must have the ability to swim 15x100scm Free/1:25, 15x100scm IM/1:45, and 10x100scm Kick/1:55.

Swimmers must have the ability to train in all four competitive strokes. The Senior 1 group swimmer must display a positive and respectful attitude, be accountable, and be committed to the process. They must be a true teammate and care about not only their own individual success, but their teammates' as well. The group dynamic and team culture is dependent on

the expectation that each swimmer brings something important for the betterment of the group and the team.

Swimmers are offered 6 workouts per week and the opportunity to pursue and achieve goals on the local levels. The student-athlete in this group is able to balance commitments in other sports or activities. The attendance policy is consistent with what's needed to achieve their full potential.

Swimmers must adhere to the designated meets prescribed by the Senior Coach, and follow the plan targeting success for the swimmer and the team. TRUST THE PROCESS!

***Additional responsibilities*** include drylands, swimmer/coach conferences, meetings, team activities, etc. Enjoy the process! Appreciate the value of long-term commitment, setting/achieving goals and support in making choices consistent with stated goals.

***Major Goals:*** WA State Senior Champs, Age Group Regionals, and Senior Sectionals. Meet requirements for the Senior Performance Group. Keep it fun!

***Workouts:*** 4,000-6,000 scm/workout, up to 10+hrs pool time/week plus dryland. The summer schedule offers additional opportunities and water time.

***Equipment:*** Snorkels and fins required.

**The Senior 2 Group** is designed for the swimmers committed to train and qualify for PNS and Regional meets.

***Eligibility requirements and about the group:*** The swimmer must be at least at first-year in high school. Technique, attendance, and improved performance are stressed.

Swimmers must have the ability to train in all four competitive strokes. The Senior 2 group swimmer must display a positive and respectful attitude, be accountable, and be committed to the process. They must be a true teammate and care about not only their own individual success, but their teammates' as well. The group dynamic and team culture is dependent on the expectation that each swimmer brings something important for the betterment of the group and the team.

Swimmers are offered 5 workouts per week and the opportunity to pursue and achieve goals on the local levels. The student-athlete in this group is able to balance commitments in other sports or activities. The attendance policy is consistent with what's needed to achieve their full potential. Swimmers must adhere to the designated meets prescribed by the Senior Coach, and follow the plan targeting success for the swimmer and the team. TRUST THE PROCESS!

***Additional responsibilities*** include drylands, swimmer/coach conferences, meetings, team activities, etc. Enjoy the process! Appreciate the value of long-term commitment, setting/achieving goals and support in making choices consistent with stated goals.

***Major Goals:*** WA State Senior Champs and Age Group Regionals. Meet requirements for the Senior 1 Group. Keep it fun!

***Workouts:*** 3,500-5,000 scm/workout, up to 8+hrs pool time/week plus dryland. The summer schedule offers additional opportunities and water time.

***Equipment:*** Snorkels and fins required.

**The Senior Prep Group** is geared towards swimmers committed to prepare for future Senior competition at regional and national levels.

**Eligibility requirements and about the group:** 7th through 9th graders, with multiple PNS Champs qualifying time standards. Swimmers must be able to complete 15x100 scm Free/1:25 and 10x100 scm IM/1:40. Swimmers must be injury free, in good health and have the training base necessary for the group. Swimmers are prepared for entry into the Senior 2, Senior 1, or Senior Performance group. High attendance, completion of conditioning sets, and dryland are stressed. Stroke technique is emphasized. Focus towards long term commitment while enjoying and trusting the process. Entry into the group will be based on coaches' discretion.

**Major Goals:** PNS Champs, Age Group Regionals, and Zone Championships. Develop conditioning and stroke improvement goals. Complete 15x100 scm Free/1:20 and 15x100 scm IM/1:35. Keep it fun!

**Workouts:** 4,000-6,000 scm/workout, 6 workouts per week, up to 10+ hrs pool time/week plus dryland. Age 12-14.

**Equipment:** Snorkels and fins required.

### **The Champ Group**

**Eligibility requirements and about the group:** swimmers age 11-14, with or within reach of the PNS Gold qualifying standards and also within reach of making 10x100 scm Free/1:45. Swimmers must be in good health, injury free and have the training base necessary for the group.

Development and refinement of the basic competitive swimming techniques in all strokes, starts and turns. The swimmer must demonstrate ability to participate in higher level conditioning sets. Technique and stroke drills are stressed.

**Major Goals:** Age Group PNS Champs and Age Group Regionals. Complete 15x100 scm Free/1:35-1:40. Attend 2-3 meets every 2-months. Keep it fun!

**Workouts:** 2,500-3,500 scm per workout, 5 workouts per week, up to 9+ hours pool time. Age 11-14.

**Equipment:** Snorkels required.

### **The Regional Group**

**Eligibility requirements and about the group:** swimmers age 11-13, with AG PNS Champs or Age Group Regional qualifying standards and 12x100/1:35scm free. Swimmers must be in good health and have the training base necessary for the group. Entry into the group will be based on coaches' discretion.

Development and refinement of the basic competitive swimming techniques in all strokes, starts and turns. The swimmer must demonstrate the ability to participate in higher level conditioning sets. The group is designed to prepare swimmers for entry into the Senior Prep Group. Technique and stroke drills are stressed. Dryland is introduced and emphasized.

**Major Goals:** PNS Champs, Age Group Regionals, and Zone Championships. Develop workout and stroke improvement goals. Complete 15x100 scm Free/1:30. Keep it fun!

**Workouts:** 2,500-4,000 scm per workout, 6 workouts per week, up to 9+ hrs pool time plus dryland. Ages 11-13.

**Equipment:** Snorkels required.

### **The Divisional Group**

**Eligibility requirements and about the group:** Swimmers age 11-14. Able to swim continuous 200 scm freestyle and 100 scm of breaststroke, backstroke, and butterfly. Demonstrate ability to streamline kick for a continuous 100 scm, either on their stomach or on their back. Attendance and improved performance during conditioning sets are stressed. Stroke

technique and racing skills are prioritized. Underwater dolphin kick & bi-lateral breathing are continued to be emphasized.

**Major Goals:** Knowledge of personal best times and improvement of those times throughout the year; develop technique and endurance base. Major meets include the Challenge series meets culminating in Divisional Championships. Complete 10x100 scm/2:00 free. Qualify for team travel meets, Gold time standards, Spring Showdown, and PNS Champs. Divisional group participants are expected to train regularly and attend 2-3 meets every 2 months. Keep it fun!

**Workouts:** 2,000-3,000 scm/workout, 3 workouts per week. Ages 11-14

### **The Orange Group**

**Eligibility requirements and about the group:** Swimmers age 9-11, with usually 2-3 years or more experience and Gold time standards. Must have ability to complete 10 X 100 SCM Free/2:00 with flip turns, 5 X 100 IM SCM/ 2:10, and be comfortable swimming the 200 IM. Should be ready for stroke, start and turn refinement. There is a continued focus on breath control and use of the dolphin kick while training and racing. Basic stroke and kicking drills are reinforced, and conditioning becomes a more important factor in workouts. Develop ability to swim 'sets'. Basic use of pace clock: send-offs, 5-sec intervals, etc. Orange group swimmers participate in basic dryland exercises before practice daily.

**Major Goals:** Knowledge of personal best times and improvement of those times throughout the year. Major meets include the Challenge series meets. Complete 10 X 100 SCM Free/ 1:40. Qualify for team travel meets, PNS Champs and possibly Age Group Regionals. Orange group participants are expected to train regularly to make transition into the Regional group possible. Attend 2-3 meets every two months. Keep it fun!

**Workouts:** 2,300-3,500 meters per workout, four workouts per week, up to 6+ hrs pool time per week. Ages 9-11.

### **The Gold Group**



**Eligibility requirements and about the group:** Swimmers aged 8-11, with usually two or more years of experience. Must have the ability to complete 8 X 100 SCM Free/ 2:30 with flips turns, as well as, be able to swim a legal 200 IM. Kicking sets (including dolphin kicking) will receive great emphasis. Breathing skills/ technique in all strokes are stressed (bi-lateral breathing, counting strokes, etc.). Racing starts/dives and turns will be part of the weekly plan. Conditioning sets to prepare swimming for the next level. 5 X 100 FR/ 2:15 or 20 X 25 FR/ :35, 8 X 50 NF/1:20, etc. Competing at swim meets about 2-3 times every 2 months. There is a large focus on quality over quantity, when it comes to yardage as well as THINKING when swimming to create body awareness in the water. Relay swimming, racing in practice, have FUN!

**Major Goals:** Basic use of the pace clock such as leaving at intervals (:05-:10 apart) and when to start your next swim. Improving turns will be stressed: use of the dolphin kick, backstroke dolphin kick, underwater pull in breaststroke, etc. Gold time standards, PNS Champs time standards, and possibly Northwest Age Group Regionals time standards. Develop good IM swimming. Swimmers will be taught to be aware of their best times and to swim for personal improvement (PR). Swimmers will be taught the requirements for the next BCST group level of swimming (10 X 100 SCM FR/ 2:10 etc.). Swimmers will also discuss goals with their coach to recognize their motivations and intentions in the sport.

**Workouts:** 1500-2200 meters per workout, four workouts per week, may include on-deck bodyweight dryland. Ages 8-10

## **The Silver Group**

**Eligibility requirements and about the group:** An introductory level for swimmers with at least one year of experience or the equivalent. 10 X 50 SCM Free/ 1:20. Ability to do the breaststroke, backstroke, butterfly and 200 SCM freestyle. Work on stroke technique, racing starts/dives and turns. Learn basic stroke mechanics and drills. Swimmers participate in PNS Challenge meets every 4-6 weeks during the fall/winter and in other meets throughout the year. Technique and fun are emphasized! Introduction to short conditioning sets. Becoming more comfortable with streamline kick on stomach or back.

**Major Goals:** Basic use of pace clock: 5-sec. intervals, etc. Ability to complete a 200 IM. Complete 10 x 50 SCM Free/ 1:15. PNS Silver time standards and possibly Gold standards. Proper turns: the back and free flip turns, butterfly/breaststroke turns, back to breast turns and the underwater pull in breaststroke. Attend 2-3 meets every 2-months. Have fun!

**Workouts:** 800-1500 meters per workout, three practices per week, may include dryland. Ages 7-9.

### **The Bronze Group**

**Eligibility requirements and about the group:** Ability to do the breaststroke, backstroke, butterfly and 100 yards of freestyle. Emphasis on FUN, plus technique in all four strokes starts and turns. Dry-land introduction. Learn basic stroke drills. Swimmers participate in PNS Challenge meets every 4-6 weeks during the fall and winter and in other meets throughout the year. Technique and fun are emphasized!

**Major Goals:** Preparation for entry in the Silver groups. Basic use of pace clock: 5-sec. intervals, etc. Ability to complete a 100 backstroke and breaststroke with correct turns. Develop legal turns in all strokes and the IM. Ability to complete a 200 SCM freestyle with flip turns and to finish a legal 100 IM. Complete 10 X 50 FR/ 1:15 SCM. PNS Silver time standards and possibly Gold standards. Attend 2-3 meets every 2-months. Have fun!

**Workouts:** 500-1000 meters per workout, three practices per week, may include some dryland. Ages 6-9.

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