

# LOSC SQUAD DESCRIPTIONS

## Novice:

The Novice squad is our entry level group for eight and under swimmer who are new to competitive swimming.

## **Minimum Ability:**

Swimmers must be able to swim 25 yards freestyle and 25 yards backstroke unassisted.

## **Practice:**

Practice runs from 30min to one hour. Swimmers often spend 15 minutes warming up with dry-land exercises. Three practices will be offered a week.

## **Attendance:**

Swimmers are encouraged to swim three times a week to ensure continual improvement.

## **Meet Requirements:**

Swimmers are encouraged to participate in our three home meets. Additional meet opportunities available for interested swimmers.

## **Goals:**

Technique development and fun in the water is the main goal of this squad. Novice swimmers focus on body position, balance, sculling/feel for the water, and coordination. Additionally, swimmers will work on the following:

Learn fundamental techniques of the four competitive strokes  
Learn how to swim in a lane with other swimmers

Introduce racing starts and legal turns for all strokes  
Introduce use of the pace clock

Make friends and develop a love for competitive swimming

## **Required Equipment:**

Goggles, [Fins](#), Water bottle, [Equipment bag](#), Athletic shoes and appropriate clothes for dry-land

\*You can purchase all these items at [swimoutlet.com/losc](http://swimoutlet.com/losc)

## **Optional Equipment:**

Kickboard, Pull Buoy

## Development 1 and 2:

Developmental squad is for eight and over swimmer who are new to competitive swimming and our Novice swimmers who have graduated on to the next level.

### **Minimum Ability:**

Completion of Novice based on coach's discretion

-or-

25 yards freestyle and 25 yards backstroke unassisted.

Ability to understand use of the pace clock

A desire to continue developing competitive swimming skills and experience

### **Practice:**

Practice typically runs for one hour to 1.5 hours. Swimmers will often spend an additional 30 minutes on dry-land exercises that focus on developing athletic coordination and strength.

### **Attendance:**

Swimmers are encouraged to swim three to four times a week with the expectation of swimmers committing to four practices a week before they move up to the next group. Six practices will be offered a week.

### **Meet Requirements:**

Swimmers are strongly encouraged to swim in our three home meets and encouraged to swim at local developmental meets that the team attends.

### **Goals:**

Improved technique and endurance

Learn to swim all four strokes proficiently Perform all starts and turns legally

Work towards swimming 100s on the 2:00 Work towards kicking 50s on the 1:20 Learn to swim the 100 IM

### **Required Equipment:**

Goggles, [Fins](#), Water bottle, [Equipment bag](#), Athletic shoes and appropriate clothes for dry-land

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### **Optional Equipment:**

Kickboard, Pull Buoy

## Age Group Performance 1 (P1):

Age Group Performance 1 is our advanced developmental squad for experienced 10 and unders who have A and/or B times and competitive 11 year old swimmers continuing to work on technique fundamentals. The training is focused on long term aerobic development with swimmers competing in all four strokes with an emphasis on the 200 IM.

### **Minimum Ability:**

Legally swim a 100 IM

10x100 Freestyle on 2:00 and 12x50 Freestyle kick on 1:20 for 9 and up 5x100 Freestyle on 2:00 and 6x50 Freestyle kick on 1:20 for 8 and unders OSI A and B times, varies based on age

Coach's discretion

### **Practice:**

Practice runs between one and two hours. Swimmers will be in the water for one to 1.5 hours depending on age and will spend an additional 30 minutes on age appropriate dry-land exercises that focus on developing athletic coordination and strength.

### **Attendance:**

Swimmers are expected to swim a minimum of four times a week in order to see continual improvement. In order to move up to Age Group Developmental or Age Group Performance 2, swimmers should average five practices a week. Six practices will be offered a week.

### **Meet Requirements:**

Swimmers are required to swim in all three home meets along with any championship meets they qualify for throughout the season. They are also expected to swim in local developmental meets and invitationals.

### **Goals:**

Technique, aerobic endurance, and an introduction to racing Learn to race 100s in all four strokes along with the 200 IM Perform all legal starts and turns during practice

Kicking 50s on the 1:00

Swimming 100s on the 1:30 Qualify for the OSI Championships

### **Required Equipment:**

Goggles, [Fins](#), [hand paddles](#), [Finis swimmer's snorkel](#), Water bottle, [Equipment bag](#), Athletic shoes and appropriate clothes for dry-land

\*You can purchase all these items at [swimoutlet.com/losc](http://swimoutlet.com/losc)

### **Optional Equipment:**

Kickboard, Pull Buoy

## Age Group Development:

Age Group Development is our age group squad for experienced eleven to thirteen year-olds who are working towards state A and B times. Athletes are still building strength, endurance and fundamental technical skills while also continuing to develop racing skills and experience.

### **Minimum Ability:**

10x100 Freestyle on 1:40 12x50 Freestyle kick on 1:05 3x200 IM on 3:30

### **Practice:**

Practice typically runs for two hours. Swimmers will be in the water for about 1.5 hours and spend 30 minutes on dry-land exercises that focus on developing age appropriate athletic coordination and strength.

### **Attendance:**

Swimmers are expected to swim a minimum of four times a week in order to see continual improvement with many swimming five or more times a week. Six practices will be offered a week.

### **Meet Requirements:**

Swimmers are required to swim in our three home meets. Swimmers are strongly encouraged to swim in local developmental meets.

### **Goals:**

Continue to develop aerobic base and racing skills

Learn to race the 100s in all four strokes along with the 200 IM Kicking 50s on the 1:00

Swimming 100s on the 1:30

Qualify for the seasonal Oregon Swimming Championships

**Required Equipment:** Goggles, [Fins](#), [hand paddles](#), [Finis swimmer's snorkel](#), Water bottle, [Equipment bag](#), Athletic shoes and appropriate clothes for dry-land

\*You can purchase all these items at [swimoutlet.com/losc](http://swimoutlet.com/losc)

**Optional Equipment:** Kickboard, Pull Buoy

## Age Group Performance 2:

Age Group Performance 2 is our advanced age group squad for eleven to thirteen-year olds who have qualified for state and/or sectionals. The focus of this group is on long term aerobic development and the introduction of race specific training and strategies. The goal of Age Group Performance 2 is to prepare swimmers to qualify for and final at Sectionals, and to qualify for national meets.

### **Minimum Ability:**

10x100 Freestyle on 1:30

12x50 Freestyle kick on 1:00 3x200 IM on 3:15 IM

Qualify for State and/or Sectionals

### **Practice:**

Practice typically runs two hours. Swimmers will typically be in the water for 1.5 to two hours and spend an additional 30 minutes on dry-land exercises that focus on developing athletic coordination and swimming specific strength. Six practices will be offered a week with additional practices offered at strategic times throughout the season.

### **Attendance:**

Swimmers are required to swim five times a week in order to stay in Age Group Performance 2.

### **Meet Requirements:**

Swimmers are required to swim in all meets that the team attends and any meet they qualify for throughout the season.

### **Goals:**

To be competitive locally and regionally

Swimmers will begin to specialize in particular events

Swimmers will learn specific race strategies

Swimmers will learn how to race in a preliminary / final format

Swimmers will train to consistently qualify in multiple events at State and Sectional competitions

**Required Equipment:** Goggles, [Fins](#), [hand paddles](#), [Finis swimmer's snorkel](#), Water bottle, [Equipment bag](#), [RED swim chute](#), Athletic shoes and appropriate clothes for dry-land

\*You can purchase all these items at [swimoutlet.com/losc](http://swimoutlet.com/losc)

## Senior Development:

The Senior Squad is composed of competitive swimmers age 13 and over working towards state and regional qualifying times. Some of these athletes are multi-sport athletes. Swimmers in this group are continuing to build strength, endurance and specific technical and racing skills.

### **Minimum Ability:**

10x100@130 12x50kick@60 3x200IM@315

### **Practice:**

Practice typically runs 2.5 hours. Swimmers will be in the water for about two hours with an additional 30 minutes of dry-land exercises focusing on developing athletic coordination and swimming specific strength. Six practices will be offered a week with additional practices offered at strategic times throughout the season.

### **Attendance:**

Six practices are offered a week; four are required.

### **Meet Requirements:**

Meet participation determined by coach.

### **Goals:**

Achieve A and B OSI Times as well as AGR Sectional and Zone times.

**Required Equipment:** Goggles, [Long Fins](#), [hand paddles](#), [Finis swimmer's snorkel](#), [Short Fins](#), Water bottle, [Equipment bag](#), [RED swim chute](#), Athletic shoes and appropriate clothes for dry-land

\*You can purchase all these items at [swimoutlet.com/losc](http://swimoutlet.com/losc)

## **Senior Performance:**

This squad is composed of experienced single-sport athletes, age thirteen and older, fully dedicated to swimming with the goal of qualifying for National level meets. These athletes have made the full commitment to swimming and to becoming the best athlete they can be. Athletes in this group have goals to swim at the National level and compete collegiately.

### **Minimum Ability:**

20x100fr@1:10

Zone/SR Sectional time standards

### **Practice:**

Eight to ten practices are offered weekly. Practice typically runs 2.5 hours with about two hours swimming and 30 minutes of dryland. Strength and weight room sessions as well as morning workouts are mandatory. Longer workouts and extra workout sessions may be offered as needed. All practice schedules based on Coach's discretion.

### **Attendance:**

Practice attendance is required, and all absences must be cleared by coach

### **Meet Requirements:**

Meet participation determined by coach

### **Goals:**

Qualify for regional and national level meets. Placement on National Teams, scoring at both Sectional and National level meets.

**Required Equipment:** Goggles, [Long Fins](#), [hand paddles](#), [swimmer's snorkel](#), [Short Fins](#), Water bottle, [Equipment bag](#), [RED or BLUE \(SR boys\) swim chute](#), Athletic shoes and appropriate clothes for dry-land

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