

# CFY Swimming- Training Groups

## Y-Elite

### Ages 13 & Up

- Admission into this group is by coaches' invitation only. The Y-Elite training group will consist of athletes possessing the skills, desire, and dedication to train at the highest level. Strict practice attendance, including dryland, and strength training, is always required.
- Goals of Y-Elite include competing at YMCA Nationals, Ohio High School State finalist level, and other USA Championship meets and beyond.
- Training emphasis is directed at preparing athletes for national competition and a collegiate swimming career.
- Dryland and strength training will focus on core body strength, body control, and injury prevention. Programs and workouts are designed in consultation with strength and swimming industry professionals.
- All practices, including mornings, dryland, and weekends is mandatory.
- Swimmers are required to attend and compete in each Championship Meet qualified for during both Short Course and Long Course seasons (all sessions).
- Group Standards:
  - Athletes are expected to maintain a practice attendance rate of 90% or higher.
    - Any athlete who allows their practice attendance to drop below 90% for the first time will be given a warning and two weeks to raise the attendance level. If attendance is not raised or drops below 90% a second time, the athlete will be moved down a group for a period of 2 weeks during which attendance must rise above the 90% mark. A third time below 90% will result in the athlete being moved down a group for the remainder of the season. Re-admission into the group after that will be decided by the coaching staff.
  - Any athlete deemed by the coaching staff to not be committed to the highest level of achievement and team/program support, will be placed in another group better fitting their needs.
  - Athletes below minimum standards will not be considered for relays except when their absence from a relay severely detracts from the overall relay potential for the other three swimmers.
- Group Benefits:
  - USA Swimming certified for participation in USA Swimming sanctioned meets.
  - Annual winter training trip over holiday break, held at Wilmington College between Christmas and New Year's.
  - Annual travel meet during long course season offered to all Y-Elite swimmers and select Gold group swimmers.

## Gold Group

### Ages 13 & Up

- Training is geared toward YMCA National competition and beyond. This practice group is only for athletes committed to reaching their full swimming potential.
- The emphasis for this group is on high levels of endurance, strength and speed conditioning with technique refinement. A focus will be placed on increasing training volumes, IM/stroke work, and overall advanced aerobic based development.
- Goals include gearing the swimmer for a stronger emotional commitment to the team/program and learning to push their own personal limits in training and competition.
- Swimmers are required to swim both the Short Course and Long Course seasons to completion at SCY and LCM Championships.
- Group Standards:
  - Athletes are expected to maintain a practice attendance rate of 80% or higher.
    - Any athlete who allows their practice attendance to drop below 80% for the first time will be given a warning and two weeks to raise their attendance level. If attendance is not raised or drops below 80% a second time, the athlete will be moved down a group for a period of two weeks, during which attendance must rise above the 80% mark. A third time below 80% will result in the athlete being moved down a group for the remainder of the season (space permitting). Re-admission into the group after that will be decided by the coaching staff.
  - Athletes finishing up a fall or spring sport before beginning training in a respective season will not have attendance held against them until that sport's season has ended. This must be communicated with the coaching staff prior to the start of that swim season.
  - Athletes below minimum standards will not be considered for relays except when their absence from a relay severely detracts from the overall relay potential for the other 3 swimmers.
  - Athletes are expected to practice and compete through each season's championship schedule. Failure to do so will result in the athlete being moved to another practice group for the following season.
    - The end of a championship season is defined as the last event on the last day of the final championship meet for which a swimmer has qualified for.
- Group Benefits:
  - USA Swimming certified for participation in USA Swimming sanctioned meets.
  - Annual winter training trip over holiday break, held at Wilmington College between Christmas and New Year's.

## **Silver Group**

### Ages 12 & Up

- The Silver group is the Coffman YMCA Swim Team's introduction to senior group swimming. While still focusing on refining stroke mechanics and developing specific skills, more of an emphasis will begin to be placed on developing the swimmer's aerobic capacity. This will primarily be achieved by focusing on moderate distance and IM training.
- This group is for Jr. High and High School swimmers. Also included are swimmers that swim seasonally and multi-sport athletes.
  - Athletes are expected to maintain a practice attendance rate of 75% or higher.
    - Any athlete who allows their practice attendance to drop below 75% for the first time will be given a warning and two weeks to raise their attendance level. If attendance is not raised or drops below 75% a second time, the athlete will be moved down a group for a period of two weeks, during which attendance must rise above the 75% mark. A third time below 75% will result in the athlete being moved down a group for the remainder of the season (space permitting). Re-admission into the group after that will be decided by the coaching staff.
  - Athletes finishing up a fall or spring sport before beginning training in a respective season will not have attendance held against them until that sport's season has ended. This must be communicated with the coaching staff prior to the start of that swim season.
- Group Standards:
  - Athletes are expected to practice and compete through each season's championship season. Failure to do so will result in the athlete being moved to another practice group for the following season.
    - The end of a championship season is defined as the last event on the last day of the final championship meet for which a swimmer has qualified for.
- Group Benefits:
  - USA Swimming certified for participation in USA Swimming sanctioned meets.

## **White Group**

### Ages 11-12

- The White Group is designed to prepare swimmers for YMCA AA and Zone levels of competition. The group is comprised of primarily 11 and older swimmers while also including some Zone level 9-10's.
- Emphasis is placed on mastering the skills necessary for competitive swimming: training etiquette, advanced stroke mechanics, aerobic capacity, race strategy, goal setting, nutrition, and mental preparation.
- Four practices per week are highly encouraged for White group swimmers.

## **Green Group**

### Ages 12 & Under

- The Green Group is targeted at continuing to develop advanced skills in all four competitive strokes, starts, turns, and basic race strategies. A focus will also be placed on an introduction to slightly longer/aerobic based swimming. Skills are taught with an emphasis on fun and enjoyment of the sport to provide an all-around positive experience for swimmers.
- Attendance at three practices per week is strongly encouraged.

## **Gray Group**

Ages 9-12

- The Gray Group is an entry-level competitive group designed for those swimmers finishing the YMCA Swim Lesson Program of Youth Stage 6, Stroke Mechanics. Gray group practices will reinforce the basic fundamentals of all four competitive strokes, introduction to swim practices, and the concepts of endurance and racing. Emphasizing team fun and enjoyment of the sport to provide a positive experience for swimmers.
- The goal of Gray Group is to develop those 9-10 swimmers to admission to the Green Group for AA and Zone competition, and those 11-12 swimmers into White Group for AA and Zone competition.
- Attendance at three practices per week is strongly encouraged.

## **Maroon Group**

Ages 8 & Under

- The Maroon Group is an entry-level competitive group with a focus on successfully learning all four competitive strokes, an introduction to structured swim practices, and the concepts of endurance and racing. Emphasis is placed on team fun and camaraderie through competition and teamwork. Drills and games are used to engage swimmers and keep steadily progressing and learning.
- Attendance at three practices per week is strongly encouraged.

## **ALL GROUPS**

**Swimmers are expected to compete in at least 3 YMCA swim meets during the regular short-course season and to attend all championship meets for which they qualify, in their entirety. See the CFY Team Handbook for more details.**