

## **2017-2018 Group Expectations**

Below is a list of Group expectations. Swimmers must sign and understand the expectations of the group they are committing to. Expectations are created to help create a safe environment for training. When swimmers are not meeting the expectations, there is chance of injury. If a swimmer falls below expectations, they will be moved to a squad where they can meet the expectations.

<b>Squad</b>	<b>Performance Focus</b>	<b>Target Ages</b>	<b>Commitment</b>	<b>Hrs</b>
SR1	National Performance	14+	9 practices/week 100% of assigned practices	12-22hrs
SR2	Regional/Sectional Performance	14+	8 practices/week 100% of assigned practices	12-18hrs
SR3(G/B)	High School/Regional Performance	14+	5-7 practices/week G: 3 required B: 80% of assigned practices	9.5hrs
AG1B	Regional/Sectional Performance	13-14	6 practices/week 85%min~90% Travel Team	12-15hrs
AG1G	OSI/Participation	13-14	+4 encouraged 3 required 85% Travel Team	7.5hrs
AG2B	Regional/Sectional Performance	11-12	6 practice/week 80%min~85% Travel Team	9-12hrs
AG2G	OSI/Participation	11-12	3-5 encouraged 85% Travel Team	6.5hrs
AG3B	OSI/Participation	9-10	3-5 encouraged 85% Travel Team	5-8hrs
AG3G	OSI/Participation	10&U	3-5 encouraged	3.15-4.5hrs
OWG/B/S	Participation	9&U	2-3 encouraged	1.5-2.5hrs

### **Senior Squad Expectations:**

- Being on time for practice.
- Being supportive of their teammates and coaches.
- Attendance level matching commitment of the group as assigned by the coach.
- Attend ALL meets as assigned by the coach.

**SR1:**

This program is performance and commitment based and is designed to prepare highly motivated and dedicated athletes for national and international competition.

**Training Level Expectations:**

1. 9 x 300 Free (3:30/3:40)
  - A ave 2:55
  - B ave 3:05
2. 9 x 300 FreeIM (4:00)
  - A ave 3:15
  - B ave 3:25
3. 10 x100 Flutter Kick (1:25/1:35) or 800 Kick <10:40/12:00

**Dryland Goals:**

80 Sit-ups in 2min  
9 Chin-Ups  
45 push-ups  
Run < 7:00 mile

**SR2:**

This program is performance and commitment based, designed to prepare the swimmers to be competitive nationally in their respective age groups and to give them the necessary background to train and compete at the top senior level.

**Training Level Expectations:**

1. 9 x 300 Free (3:40/3:50)
  - A ave 3:10
  - B ave 3:20
2. 9 x 300 FreeIM (4:10)
  - A ave 3:30
  - B ave 3:40
3. 10 x 100 (1:30/1:40) or 800 Kick <12:00/13:20

**Dryland Goals:**

70 Sit-ups in 2min  
6 Chin-Ups  
35 push-ups  
Run < 7:30 mile

**SR3(Black and Gold):**

This program is participation based, designed for the high school swimmer who wishes to be competitive at the local high school level and our Local Swim Conference. It is a complete training program for those athletes who are unable to commit or attain the expectations of the other senior groups.

**Training Level Expectations:**

**SR3 Black:**

1. 9 x 300 Freestyle (3:50/4:00)
  - A ave 3:25
  - B ave 3:35
2. 9 x 300 FreeIM (4:20)
  - A ave 3:45
  - B ave 3:55
3. Flutter Kick 10 x 100 (1:35/1:45) or 800 Kick <13:20/14:00

**SR3 Gold:**

Legally perform all strokes (FL, BK, BR, FR) Proper starts and turns.

1000y FR, continuous with flip turns.

10 X 50 FR on 1:00

### **AG1 Black:**

This program is performance and commitment based. The program design is for those athletes who focus their major athletic attention on swimming. It is geared towards preparing swimmers to compete nationally within their respective age groups. Ages 12-14.

#### **Expectations:**

- Being on time for practice.
- Being supportive of their teammates.
- 85% attendance demonstrated; 90% required attendance for Travel meets. Schedules vacation time around Meet and training schedule. (August is a good time)
- Attends Spring and Summer Team Season Championship Meets: OSI/Regional/Sectional/Futures/National; as qualified
- Attends all Meets scheduled for group, unless sick, or not qualified.

#### **Group Qualifications**

- 10 X 200 FR on 2:40
- 10 X 200 FreeIM on 2:55
- 2 Motivational AA times with USA swimming in their age group, or previous age group if recently aged up.

#### **Meet Performance:**

- 500 free under 6:00
- 400 IM under 5:15
- Participating in all events entered by coach
- Attending all championship competition qualified for.

### **AG1 Gold:**

This program is commitment based, designed for the "late starter" and is used as a transition to Sr3 or AG1B.

The focus remains technical, yet the development of basic endurance is introduced. Five practices per week are offered, with a minimum of four recommended. One or two competitions per month. Ages 12-14

#### **Expectations and Qualifications:**

- Being on time for practice.
- Being supportive of their teammates.
- Attends Spring and Summer Team Season Championship Meets: OSI/Regional as qualified
- Legally perform all strokes (FL, BK, BR, FR) with proper starts and turns.
- 500y FR, continuous with Flip turns and bi-lateral breathing.
- 5 X 100 FR on 1:50
- 5 x 100 IM on 2:00
- Attend meets at least once every other month

#### **Recommended:**

- Attend 4 practices per week
- Attend all meets.

## **AG2 Black**

This program is performance and commitment based. The program design is for those athletes who focus their major athletic attention on swimming. It is geared towards preparing swimmers to compete nationally within their respective age groups. Ages 10-12.

### **Expectations:**

- Being on time for practice.
- Being supportive of their teammates.
- 85% attendance demonstrated; 90% required attendance for Travel meets. Schedules vacation time around Meet and training schedule. (August is a good time) Attends all local meets, unless sick.
- Attends Spring and Summer Team Season Championship Meets: OSI/Regional/Sectional; as qualified

### **Group Qualifications**

- 10 X 100 FR on 1:30;
- 10 X 100 IM on 1:45
- Attend 80% of practices, demonstrated in previous group
- 2 Motivational AA times with USA swimming in their age group, or previous age group if recently aged up.

### **Meet Performance:**

- 500 free under 7:00
- Participating in all events entered by coach
- Attending all championship competition qualified for.

## **AG2G**

This program is commitment based, designed for the "late starter" and is used as a transition to AG2Black or AG1Gold. The focus remains technical, yet the development of basic endurance is introduced. Ages 11-12.

### **Expectations:**

- Being on time for practice.
- Being supportive of their teammates. Attends all local meets, unless sick.
- Attends Spring and Summer Team Season Championship Meets: OSI/Regional; as qualified

### **Requirements:**

- Legally perform all strokes (FL, BK, BR, FR) with proper starts and turns.
- 300y FR, continuous with Flip turns and bi-lateral breathing.
- 10 X 50 FR on 1:10

### **Recommended:**

- Attend 4 practices per week
- Attend all meets.

### **AG3B**

This program is commitment based, designed for the advanced 9-10 year olds and "late starter 10-11 year olds" and is used as a transition from AG3G to AG2Gold or AG2Black. The focus remains technical, yet the development of basic training skills is introduced (learning send off intervals, learning how to descend...).

#### **Expectations:**

- Being on time for practice.
- Being supportive of their teammates. Attends all local meets, unless sick.
- Attends Spring and Summer Team Season Championship Meets: OSI/Regional; as qualified

#### **Requirements:**

- Legally perform all strokes (FL, BK, BR, FR) with proper starts and turns.
- 300y FR, continuous with Flip turns and bi-lateral breathing.
- 10 X 50 FR on 1:10

#### **Recommended:**

- Attend 4 practices per week
- Attend all meets.

### **AG3 Gold:**

This is our entry level for our competitive team. Swimmers are ages 10 and under. This program is participation based, designed for the "up and coming" age group swimmers who have an understanding of stroke mechanics and can legally swim all four competitive strokes.

#### **Expectations:**

- Being on time for practice.
- Being supportive of their teammates. Attends all local meets, unless sick.
- Attends Spring and Summer Team Season Championship Meets: OSI/Regional; as qualified
- Requirements:
- Legally perform all strokes (FL, BK, BR, FR) with proper starts and turns.

#### **Recommended:**

- Attend a minimum of 3 practices per week