

# RCA Swim Academy

## Group Description

The RCA Swim Academy is a stroke development program designed to teach the beginner level swimmer all four of the swimming strokes used in competitive swimming. General swimming skills such as air exchange, floating, streamlining, and kicking are also developed as the foundation for stroke construction. RCA instructors teach from in the water during each practice session.

## Group Entry Guidelines

- Minimum age is 4
- Must demonstrate the ability to follow safety instructions and direction from the coach in a small group environment

## Practice Attendance

RCA Swim Academy students are encouraged to attend practice at least twice a week.

## Swim Meet Attendance

RCA Swim Academy students who are cleared by the Lead Coach may purchase a USA Swimming membership and attend select local meets (home meets and Carbondale meets) on the team schedule. RCA Swim Academy students will participate in the SMSC summer league meets.

# Bronze 1

## Group Description

The Bronze 1 group is the first training group in the RCA competitive age group program. The primary objective of this group is to provide continued stroke technique development in all four competitive strokes and each of the racing starts and turns used in competition. General aerobic conditioning is included at this level with an emphasis on developing kick endurance.

## Group Entry Guidelines

- Age Range is 14&under
- Must be able to swim 50 yards of Freestyle with correct breathing to both sides and a flip turn
- Must be able to swim 50 yards of legal Backstroke
- Must be able to swim 25 yards of legal Breaststroke
- Must be able to swim 25 yards of legal Butterfly
- Must demonstrate the ability to learn from a coach who is teaching from the deck in a larger group setting

## Practice Attendance

Bronze 1 swimmers are encouraged to attend at least 3 practices per week for proper development.

## Swim Meet Attendance

Bronze 1 swimmers should attend all RCA home USA Swimming meets. The Bronze 1 group is also encouraged to attend away meets assigned to the group. These meets typically take place within a 1-2 hour drive of Cape Girardeau. Consistent swim meet attendance is encouraged for proper development. Bronze 1 swimmers will participate in the SMSC summer league meets.

# Bronze 2

## Group Description

The Bronze 2 group is the second training group in the RCA competitive age group program. The primary objective of this group is to improve stroke efficiency in each competitive stroke and to develop the necessary endurance base to maintain that stroke efficiency when racing distances of 50-200 yards.

## Group Entry Guidelines

- Age Range is 14&under
- Must be able to swim 200 yards of Freestyle with correct breathing to both sides and the use of flip turns
- Must be able to swim 100 yards of legal Backstroke with legal turns
- Must be able to swim 50 yards of legal Breaststroke with a legal turn that includes the underwater pullout
- Must be able to swim 50 yards of legal Butterfly with a legal turn
- Must have established an IM Ready score

## Practice Attendance

Bronze 2 group swimmers are encouraged to attend at least 3-4 practices per week for proper development.

## Swim Meet Attendance

Bronze 2 group swimmers should attend all RCA home USA Swimming meets and consistently attend away meets assigned to the group. These meets typically take place within a 1-2 hour drive of Cape Girardeau. Consistent swim meet attendance is encouraged for proper development. Bronze 2 swimmers will participate in the SMSC summer league meets.

# Silver

## Group Description

The Silver group is the third level of the RCA competitive age group program. The focus on developing efficient stroke technique continues to be a primary objective in this group as more advanced drills are taught. The endurance work begins to increase at this level of the program as the Silver group swimmer is exposed to more advanced aerobic training concepts. Dryland training is introduced with a focus on core body strength and endurance.

## Group Entry Guidelines

- Minimum Age is 9
- Must demonstrate consistent legal stroke technique in all four strokes and each start and turn
- 12&unders advancing into the group from Bronze 2 must have established an IMX score.
- Must be able to complete the following training sets successfully
  - 6x100 Free Kick on 2:30
  - 6x150 IM Swim on 3:30

*\* #1 50FL-25BK-25BR-50FR, #2 25FL-50BK-25BR-50FR, #3 25FL-25BK-50BR-50FR, Repeat pattern for #4-6*

## Practice Attendance

Silver group swimmers are encouraged to attend 4-5 practices per week for proper development.

## Swim Meet Attendance

Silver group swimmers should attend all RCA home USA Swimming meets and consistently attend the away meets assigned to the group. Silver group swimmers will participate in the SMSC summer league meets.

# Gold Group

## Group Description

The Gold group is the most advanced level of the age group competitive program. The aerobic development of the athlete is a primary objective in this group. More advanced training and racing concepts are taught as the athlete prepares for the senior side of the program. The Gold swimmer will compete in and develop the full spectrum of events offered in the sport.

## Group Entry Guidelines

- Minimum age is 10
- Must demonstrate a legal 400 IM and consistent stroke efficiency in the practice setting prior to entering the group
- Must be able to successfully complete the following training sets
  - 8x100 Free Swim on 1:40
  - 4x200 IM Swim on 3:40
- Must demonstrate consistent practice and swim meet attendance prior to entering the group

## Practice Attendance

Gold group swimmers are encouraged to attend 5-6 practices per week for proper development.

## Swim Meet Attendance

Gold swimmers should plan to attend all USA Swimming meets assigned to the group. Gold group swimmers do participate in the SMSC summer league meets.

# Senior Group

## Group Description

The Senior Group is the most advanced level in the RCA program. A comprehensive training plan is offered for optimal development, including dryland training. The competitive focus for this group is to develop swimmers for success at the USA Swimming LSC, Regional, and National levels of the sport.

RCA Senior group swimmers annually participate in high school swimming and RCA has been instrumental in preparing these swimmers for success in the MSHSAA High School Season and State Championship meets. The Senior group is split into subgroups (Senior 1 and Senior 2) for more specific training plans and meet preparation throughout the season.

## Group Entry Guidelines

- Minimum age is 14
- Must have graduated from the RCA Gold group or have at least one year of competitive swimming experience at the high school level
- Should be able to complete the following training sets successfully
  - 10x100 Free Swim on 1:30
  - 5x200 IM Swim on 3:20

## Practice Attendance

Senior Group swimmers should attend all assigned practice sessions for proper development

## Swim Meet Attendance

Senior Group swimmers should attend all USA Swimming meets assigned to the group. Senior group swimmers do qualify and participate in the SMSC Championship meet unless assigned to a USA long course meet that conflicts with that meet.

