

## Group Breakdowns and Expectations

PASA- DKS believes that, to perform your best, you need a great foundation to build off. We have 2 tracks for swimmers based on both their experience with the sport as well as their current ability level. All our groups will focus on the fundamentals of great technique and our group structure reflects this belief. Swimmers will be asked to complete the skills necessary at each level before they are considered eligible for moving up.

The main difference between the structure of the Non-Competition and Competition Programs is that the Competition programs has both practice and meet requirements. By requiring swimmers to attend a certain amount of practices per week, we are giving the minimum that we believe will allow that age of swimmer to continue to progress with their age group. While requiring racing at Meets allows for swimmers to learn how to track their progress, set goals, and evaluate their swimming. Swimmers in the Non-Competition Program have the freedom to decide how many practices to come to per week as well as meet attendance.

When looking at moving a swimmer to a different group coaches will start with the swimmers age, commitment level, progress, and attitude as well as additional factors such as “coach-ability,” social and emotional maturity, and a swimmer’s ability to be part of the TEAM before making a final decision. The swimmer’s current coach will make the final decision.

**Swimmers/Families who contact other coaches to advance WILL NOT be eligible for advancement.**

### The Non-Competition Program:

The Non-Competition Program is all about learning! PASA-DKS decided to open additional entry points for swimmers to allow for greater access to our sport, while also allowing multi-sport athletes to continue having access to our program! The Non-Competition Group is a huge part of our program consisting of a Clinic Group, Red Group and JV Group! It is also where our swimmers learn the details that will become the habits that make the difference when they grow into Elite Athletes! These swimmers do not have practice or meet requirements but are expected to participate in our annual team fundraiser.

**Clinic:** (*generally 8 and under*) 5-week session to get any swimmers that are a little uncomfortable without a coach in the water ready for the Junior 1 group.

**Red Group:** (*generally 12 and under*) This noncompetitive program allows for swimmers to get exercise, come on their own schedule, and allows for swimmers to have many different focuses.

**JV Group:** (*generally 13 and above*) This group is a fitness group aimed at our Junior High and High School kids that may have varied interests outside of the pool, but still love to work hard and swim without the pressure of practice requirements and meets.

**\*Please note that age ranges are approximates and are not concrete guidelines.**

<u>Non Competition Groups</u>	Practice Times	Description		Monthly Mem/Non	Quarterly Mem/Non
Clinic Group	Mon-Thurs: 4-4:40pm	Swimmers must be able to swim 25 Free and Backstroke without assistance	Dana	TBD	TBD
Red Group 12& under	Mon- Thurs: 4:45-5:30pm	Swimmers should be able to do 100 Fr and Back as well as legal Breaststroke and Butterfly	Lesley	115/125	310/340
JV Group 13& over	M-Thurs: 5:30-6:30	Ages 13 and older, focus on meet details/legal races and I.M. , focuses on preparing for High School Swimming	Lesley	155/175	420/470

**Monthly Fee** covers each month and is due before the 5<sup>th</sup> day of each month and will be considered late after the 15<sup>th</sup> day of each month. A late fee of 15% will be added to accounts that are over 21 days late.

**Quarterly Fees** cover the following periods: Quarter 1: Sept-Nov, Quarter 2: Dec-Feb, Quarter 3: March-May. June and July will be combined for a reduced fee.

**The Annual Registration Fee for these groups is \$250 for your first swimmer, \$235 for your second and \$215 for remaining swimmers within your immediate family. This registration fee covers the \$84 fee for registration with Pacific Swimming as well as 2 T-shirts, a swim cap, along with prizes and other incentives**

### The Age Group Competition Program:

The Age Group Program consists of 4 groups (Junior 1 & 2 Groups, Silver Group and Gold Group) that focus primarily on 13 and Under swimmers, their development and entry into competitive and championship level swimming. Our goal for these groups is for each group to build into the next creating a clear and concise path for swimmers to move from the 8 and Under beginning competitor through to the Farwestern finalist, while laying the for earn a future place in our Senior Program.

**Junior 1:** (*generally 8 and under swimmers*) This is our entry level competitive group; swimmers are expected to be able to do a 25 free and 25 backstroke easily. Swimmers are required to come to 2 practices/ week and participate in 1 meet per season

**Junior 2:** (*generally 7-11 years old*) Our second level competitive group, swimmers are expected to be able to do all 4 strokes legally and to be able to dive from a block and complete turns for all 4 strokes. Swimmers are required to come to 2 practices/ week and participate in 1 meet per season (approx 3 meets/ year).

**Silver:** (*generally 9-13 years old*) This group requires swimmers to be able to do 100s of all strokes, be interested in competing in 200s as well as IMs. Swimmers should plan on attending 3-4 workouts/ week and 2-3 meets/ season.

**Gold:** (*generally 11-15 years old*) Full competitive group, this group should plan on traveling for meets, commit to 5-6 practices/ week, and compete in all meets available to this age group.

**These groups have practice and meet requirements.**

<u>Age Group</u>	Practice Times	Dryland	Description	Coach	Monthly Mem/ Non	Quarterly Mem/ Non
Junior 1	M-F 4:00-4:45p	4:45-5:00p	Legal in all four strokes, starts, & turns Required: 2 practice/week and 1 meet/ season	Dana/ Lesley	115/125	310/340
Junior 2	M-F 4:45-5:45p	4:15-4:40 p	Required: 3 practices/week and 2 meets/season	Nicole	135/150	365/405
Silver Group	M-F 5:45-7pm	5-5:40p	Required: 4 practices/week and Qualifying Meets and 3 C/BB/A meets/ season	Nicole	160/175	430/475
Gold Group	M-F 4-5:45pm	5:50-6:30pm	5-6 practices/ week Offered C/BB/A meets and Qualifying Meets	Paul/ Rick	180/200	485/540

### The Senior Program:

The Senior Program is for our most dedicated 13 and over swimmers that include rising high school, high school, and college swimmers. They are expected to train 6 days per week w/ morning practices TBA. Senior swimmers should expect to continue to grow and race towards maximizing their potential as they learn to manage and budget their time. Our Senior swimmers competition goals are extremely important to us but we also want to see our Senior swimmers grow as individuals and human beings by giving back to the program and volunteering to help lead our younger age swimmers at practice and meets

**Senior swimmers are expected to be Role Models to the entire team at all times.**

<u>Senior Program</u>	Practice Times	Dryland	Description	Coach	Monthly Mem/ Non	Quarterly Mem/ Non
Senior Group	M-F 5:45-7:45pm, Sat 7:00-10:00a Inc 3 mornings/ wk	4:45-5:40p	Qualifying Meets and select C/BB/A Meets, Ages 15+	All	205/225	555/605

**Monthly Fee** covers each month and is due before the 5<sup>th</sup> day of each month and will be considered late after the 15<sup>th</sup> day of each month. A late fee of 15% will be added to accounts that are over 21 days late.

**Quarterly Fees** cover the following periods: Quarter 1: Sept-Nov, Quarter 2: Dec-Feb, Quarter 3: March-May. June and July will be combined for a reduced fee.

**The Annual Registration Fee for these groups is \$250 for your first swimmer, \$235 for your second and \$215 for remaining swimmers within your immediate family. This registration fee covers the \$84 fee for registration with Pacific Swimming as well as 2 T-shirts, a swim cap, along with prizes and other incentives**