

# Age Group Practices

<p>Novice Group</p> 	<p>All swimmers must be able to swim 50 of each stroke. They will benefit from the ability to increase their strength and endurance, while being introduced to the new world of competitive swimming.</p>	<p>Swimmers 8 and under</p> <p>transitioning from a completed swim lesson program.</p> <p>*Swimmers 9-10 years who are not legal for 50 yards of each stroke.</p>	<p>Swimmers train 2 days a week. Swimmers do not optional training days.</p> <p>Practice Schedule: Tu &amp; Th 6:00-7:00PM</p>
<p>Novice Group 2</p> 	<p>All swimmers must be able to swim 100 of each stroke. They will benefit from the ability to increase their strength and endurance, while being introduced to the new world of competitive swimming.</p>	<p>Swimmers 10-14 years old</p> <p>*with limited competitive experience.</p>	<p>Swimmers train 4 days a week. Swimmers do not optional training days.</p> <p>Practice Schedule: Mo-Th Th 8:15-9:00PM</p>
<p>Intro Age Group</p> 	<p>They will learn to build upon the stroke fundamentals, while well supported in a smaller group atmosphere. They are closely monitored to improve stroke technique, while learning body awareness and muscle control, in the water.</p>	<p>Swimmers ages 9-10 years old</p> <p>*8 and under, who are able to meet the legal standard of all four strokes, for 50 yards.</p>	<p>Swimmers train 3 days a week, with a minimum 2 practices a week.</p> <p>Practice Schedule: Tu &amp; Th 6:00-7:00PM Fr 6:00-7:00 PM (opt)</p>
<p>Intermediate Age Group</p> 	<p>Swimmers must have legal strokes and turns. They will be fine tuning their strokes while continuing to maintain their developing stroke technique. Swimmers must be able to follow group instruction, while still focusing on their individual developmental needs, as directed by coaching staff.</p>	<p>Swimmers 11-12 years old</p> <p>*9-10 year old swimmers who have met 2 of the 5 current USA Swimming Motivational Times for 9-10 year old "BB" times in IMX events.</p>	<p>Swimmers train 4 days a week, with a minimum of 3 practices a week.</p> <p>Practice Schedule: Mo/We/Fr 6:00-7:00 PM Sa 9:00-10:00 AM (opt)</p>
<p>Advanced Age Group</p> 	<p>The focus is to enhance the intensity of the workout levels. These swimmers are increasing their workouts to best prepare for successfully enter into our senior program. Swimmers will participate in a drylands on deck prior to swimming Tuesdays - Thursdays.</p>	<p>Swimmers 13-14 years old</p> <p>*11-12 year old swimmers who have met 2 of the 5 current USA Swimming Motivational Times for 11-12 year old "BB" times in IMX events.</p>	<p>Swimmers train 6 days a week, with a minimum of 4 practices a week.</p> <p>Practice Schedule: Mo &amp; We 7:00-8:15 PM Tu &amp; Th 6:30-8:15PM Fr 6:00-7:00 PM Sa 9:00-10:30 AM (opt)</p>

# Senior Practices

<p style="text-align: center;">Senior Intro Group</p> 	<p>This group allows for swimmers needing more flexibility in their training schedule. Swimmers will focus on continuing to build upon the foundations of the age group program, increase their fitness, while maintaining technique. This group will provide the conditioning needed for seasonal senior swimmers, as well as provide a solid technique instruction for novice level senior swimmers.</p>	<p>Swimmer ages 15 and older, who have yet to reach the BB motivational times in the IMX Events.</p>	<p>Swimmers train 6 days a week, with a minimum of 3 practices a week. This group will have an optional drylands program.</p> <p>Practice Schedule:          Mo/We 3:00-4:00 PM          Tu/Th 3:00-5:00 PM          Fri 4:30-5:30 PM          Sat 7:00-9:00 AM</p>
<p style="text-align: center;">Senior Intermediate</p> 	<p>This group allows us to build upon the fundamentals in swimming; as well as provide a continuum of success for our developing senior swimmers. Swimmers will participate in a drylands program Tuesday-Thursday, after swimming.</p>	<p>Swimmer ages 15 and older meeting 13-14 yr old "BB" standards in IMX Events</p> <p>*13 -14 year olds who have met 3 of the 6 current USA Swimming Motivational Times for 13-14 year old "BB" times in IMX events.</p>	<p>Swimmers train 6 days a week, with a minimum of 4 practices a week.</p> <p>Practice Schedule:          Mo 4:30-6:00 PM,          Tu/We/Th 3:00-5:30 PM          Fr 3:30-5:30 PM          Sa 7:00-9:00 AM</p>
<p style="text-align: center;">Senior Advanced</p> 	<p>This group is for swimmers committed to the rigorous training schedule preparing for regional, national and college prep. All swimmers will attend all qualifying meets and be able to maintain academic levels throughout the season. Swimmers will participate in a drylands program Tuesdays-Thursday prior to swimming.</p>	<p>Swimmers ages 15 and older, who have met 3 of the 6 current USA Swimming Motivational Times for 15-16 year old "BB" times in IMX events.</p>	<p>Swimmers train 8 times a week, with a minimum of 60% practice attendance.</p> <p>Practice Schedule:          Mo -Th 3:00-6:00 PM          Tu/Th 5:30-6:45 AM          Fr 3:30-5:30          Sa 7:00-9:00 AM.</p>