

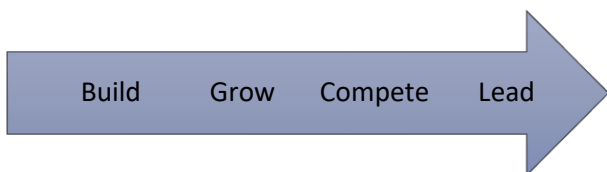
Occoquan Swimming

2021-2022

**Program Outline & Levels
Competitive USA Swimming Programs**

Thank you for choosing Occoquan Swimming for your child's swimming career. We are pleased to offer a variety of options for swimmers of all ages, swimming background and commitment levels. Each group is formulated to provide as specific of training as possible for each swimmer's needs. Before deciding to join a specific group, please be sure you are clear which level is best for your swimmer based on a coach's feedback (assessment or recommendation).

The programs are based on a sequence of skills and fitness gains and levels may not be skipped unless entrance criteria of the level are met and a coach has approved the advanced level. If you sign up for the incorrect program your swimmer will be moved to the proper level for their age and background during the first few weeks of the season.



Build foundation of excellent skills

Grow with advanced skills & fitness

Compete among the top athletes nationally

Lead while reaching peak potential

LEAD (Senior Programs)

Senior – Senior Select – National Training Group

The Senior Swimming Programs of OCCS provide the mature swimmer with a training program that builds fitness and skills for success at various meets throughout the season. Encompassing the high school years, the senior programs provide extensive training specifically prescribed throughout the swimming season for peak performances at certain competitions. There are options for newer swimmers in their high school years to continue to build foundational skills and fitness, but the intent of the senior program is to maximize swimming potential while building the leadership characteristics of great students, citizens, teammates and friends.

COMPETE (Junior Olympic Programs)

Junior Olympic 10 – Junior Olympic 12 – Junior Olympic 14

The Junior Olympic programs of OCCS offer the top swimmers from 9-14 years old with a path to age group swimming success at the highest levels in USA Swimming. Each group builds on skills and fitness goals appropriate for the age of the swimmers while establishing a group of teammates to progress through the levels of the program. There are specific requirements for these levels including coach recommendation based on base level of skills, fitness and commitment to regular practices, competitions and other team events.

GROWTH (Advanced Programs)

Advanced 1 – Advanced 2

The Advanced programs of OCCS further develop the foundation for long term swimming success. Building on the foundational skills and fitness required to enter this level, athletes will learn advanced swimming skills as well as added fitness training for being able to complete longer distances and swimming more efficiently (faster).

BUILD (Medley Programs)

Medley 1 – Medley 2

The focus for the Medley program is learning the skills of the four individual medley strokes and building a strong foundation of skills and swimming IQ for advancing through the next phases of competitive swimming. Swimmers with a strong background from swimming lessons and/or summer swimming will find this entry to the team a good place to start if they do not have all of the competitive skills down yet.

Swimming Sites

OCCS operates in six facilities among three general sites. Each site has programs that overlap and coordinate with each other to provide a full program of entry level programming through high performance groups.

Prince William East (PWE) (Lakeridge/ Woodbridge area)

(CHINN) Chinn Recreation Center

(DC) Sharron Baucom Dale City Recreation Center (AKA Dale City)

(PWCSAC) Prince William County Schools Aquatic Center (AKA Colgan High School)

Manassas Central (MC) Manassas area close to downtown

(FREE) Freedom Aquatic & Fitness Center

(OSA) Occoquan Swim Academy (AKA Central Park Aquatic Center)

Warrenton (WARF)

(WARF) Warrenton Aquatic & Recreation Center

Occoquan Swimming Contracts

1. Registration for competitive programs (\$250) is due at the time of enrolling is not refundable. This is a deposit to secure your swimmer's spot on the team. See complete contract and waivers online.
2. Each swimmer enrolled in a 9- or 11-month program will receive a start up package of team apparel and other team promotional items. New swimmers to OCCS will receive a Speedo backpack; returning swimmers will receive an alternative item or a new backpack if requested.
3. Programs are either 9 months or 11 months (except non-competitive programs)
4. Each family will be provided an option to fundraise to offset a portion of their tuition for the season.
5. Occoquan Swimming wants to team up with your business. Families may receive an incentive bonus toward their yearly tuition by advertising/sponsoring with Occoquan Swimming.
6. Volunteering is not required however it is an expected part of being on the team. Families will find many options for helping the team mainly during the swimming competitions and other events. In some cases, meet fees can be offset by volunteering to help with swim meets.
7. Certified USA Swimming Officials can earn up to \$300 toward their next year's tuition with qualifying worked sessions.
8. Just the registration fee portion of the tuition is due at the time of registering; the tuition based on your choice of your promise to pay:
 - a. 1 payment (1pay) due September 1
 - b. 3 payments (3pay) due September 1, November 1 & February 1
 - c. 9 or 11 payments (9pay or 11pay) due monthly September – May (or July)
9. Families receive a \$150 discount on the second, third or fourth swimmer in the same household (must register at the same time).
10. Junior Olympic and Senior Select programs include meet entry fees for all meets held within Potomac Valley Swimming
11. National Training Group fees include all meet entry fees and team travel for competition that they qualify for and are asked to attend.

Note the age criteria is based on your swimmer's age on January 1, 2022

Advancing children before they are ready for a certain level is not healthy for their long-term development. Coaches will provide a logical progression for the swimmers at whatever level they are at for season success while maintaining a long-term approach to supporting a full swimming career.

Senior Programs

National Training Group

The National Training Group is the highest-level competitive group that OCCS offers. A group of athletes selected by the head coach & national training group coach from the program based on strict criteria. Athletes in this group fully dedicate themselves to the sport of swimming and achieving at the highest levels within the community, region and throughout the USA and Internationally. Through a commitment to the training, performance and lifestyle, athletes in this group are leaders in the pool and community through their example of living in the pursuit of excellence. A background resume of training, competitive experience and competitive success is required. Goals include reaching Junior & Senior National level performances as well as continuing competitive swimming in college.

Entrance Criteria: Swimmers 15 & up that are at least sophomores in high school (as of January 1, 2022) and can complete the test sets as well as show a proven record of challenging themselves with work ethic, a variety of competitive events and attendance.

Performance Expectation Swimmers in the group have PVS Senior Champ qualifying times in one or more events to be eligible for this group.

Other Families of swimmers in the select program also need to plan that family vacations need be scheduled around practices and competitions throughout the swimming season to the greatest extent possible.

Practice Duration 2 hours (sometimes longer) plus dryland (6 to 9 workouts per week)

Program options Swimmers will practice together at this level 11+ months of the year. Additional group details are available upon request.

NTG is offered as one program however practices may be available at a variety of sites.

Senior Select

High school aged athletes chosen with criteria that takes into account commitment, skills and fitness will work in a cohesive group to maximize athletic development during the season and focus on high school swimming success as well as USA Swimming achievements. This program helps to utilize a strong background and continual training to provide swimming success throughout the year. Integrated with an extensive land training program, this level provides a full-fledged practice group that has aspirations for the highest levels in USA Swimming and may advance to the National Training Group when qualified. Swimming in college is also an aspiration of Senior Select swimmers.

Entrance Criteria: Swimmers 15 and up that are at least sophomores (as of January 1, 2022) that can complete the coach designated test sets as well as show a proven record of challenging themselves with work ethic, variety of competitive successes and attendance. Swimmers should also have at least one Junior Champ qualifying time.

Practice Duration 1 hours and 30 minutes (sometimes longer) plus dryland 6 practices per week.

Program options swimmers will practice in this level for 11 months of the year. (MC, PWE, WARF)

Senior

High school aged athletes that want an advanced, mature swimming experience but don't meet the criteria for the Senior Select or National programs will find the flexibility but extensive training in the senior program a versatile level. Continual development of skills as well as fitness building throughout the season toward high school and summer community swimming successes.

Entrance Criteria: Swimmers 13 & over (as of January 1, 2022) that are looking for a skill focused group with training geared toward success during the high school swimming season as well as a bridge to advancing to the Senior level if desired.

Practice Duration 1 hour and 30 minutes plus dryland 6 practices per week.

Program Options 9 months only (MC, PWE)

Junior Olympic Programs

Junior Olympic (JO14)

Our top training group for athletes 13-14 years old, this level is for only those that are ready to take their training to a level of intense expectations for practice attendance and meet participation. The JO level is a perfect way to build the needed endurance for elite level performances and successful transition to the Senior Select or National Training programs in the future. A consistent background of training, competitive experience and competitive success is required as well as coach approval for this level of OCCS. Swimmers that are not ready for this level of swimming with a background of extraordinarily strong skills and endurance will fail and not have an enjoyable swimming experience.

Entrance Criteria: Swimmers 13 years old to freshmen in high school (as of January 1, 2022) that can complete the coach designated test sets as well as show a proven record of challenging themselves with work ethic, distance events and attendance. Swimmers also should have an IMX score to show that they can train toward all four competitive strokes.

Performance Expectation Swimmers in this level are expected to attend all practices and competitions that are recommended by the coach. A minimum of 80% attendance at all practices and events is expected over any monthly period.

Practice Duration 1 hours and 30 minutes (sometimes longer) plus dryland fitness training 6 workouts per week

Program options Swimmers will practice together at this level 11+ months of the year.
(MC, PWE, WARF)

Junior Olympic (JO12)

Our top training group for swimmers 11-12 years old that have a proven history of showing they are ready to take their swimming to a high level of expectations. Skills continue to be perfected with advanced techniques while fitness gains and training enhances strength and endurance in swimming faster and longer. Swimmers that are not ready for this level of swimming with a background of extraordinarily strong skills and endurance will fail and not have an enjoyable swimming experience.

Entrance Criteria: Swimmers 11 – 13 years old (as of January 1, 2022) will need to show the ability to complete a 400IM and 1000 free legally and compete in the 200 IM and 200 free under time requirements for this level and gain coach approval prior to sign up. Swimmers should expect to attend at least 4 practices a week regularly and the available swim competitions throughout the season.

Practice Duration: 1 hour & 30 minutes (sometimes longer) up to 6 practices per week including dryland fitness training.

Program Options: Swimmers in this level are expected to practice for 11 months of the year. (MC, PWE, WARF)

Junior Olympic (JO10)

Our top training group for swimmers 9-10 years old that can meet the entry criteria and show the maturity ready to swim longer practices and reach new goals. This level provides a slightly more advanced mix of enhancements in skills and fitness challenges to continue the progression of becoming more efficient, faster and more resilient to longer distances.

Entrance Criteria: Swimmers 9-11 years old (as of January 1, 2022) must demonstrate legal and efficient 50 yards of each stroke, demonstrate the ability to swim longer distances of freestyle and compete a 200 yard IM <3:30.00 and 200 free <3:10.00

Practice Duration: up to 1 hour and 30 minutes including land work that supports overall athletic development.

Program Options: Swimmers may choose 9 month or 11 month program. Practices are offered up to six days per week. (MC, PWE, WARF)

Advanced Programs

Advanced 2 (ADV 2)

Swimmers 10-13 years old that can swim at least 25 yards of efficient and legal skills of each of the competitive strokes are eligible for the Advanced programs. In this level, advanced skills and additional training challenges will provide a foundation of skills and fitness for long term swimming success.

Entrance Criteria: Swimmers 10-13 years old (as of January 1, 2022) must demonstrate the understanding and ability to swim all four competitive strokes for at least one length of the pool legally as a 100 Individual Medley. Swimmers must also be able to complete a 100 free without stopping and be willing to swim longer challenges in practice. Understanding of a pace clock and working in a team environment is also expected for entrance to the level.

Practice Duration: 60 minutes

Program Options:

ADV2 3x – three days per week (MC, WARF, PWE)

ADV2 max/flex – four to six practice offered per week (MC, WARF, PWE)

ADV2 Home School – up to four practices offered per week (MC)

Advanced 1 (ADV 1)

The youngest swimmers that can swim at least 25 yards of efficient and legal skills of each of the competitive strokes are eligible for the Advanced programs. In this level, advanced skills and additional training challenges will provide a foundation of skills and fitness for long term swimming success.

Entrance Criteria: Swimmers 7-10 years old (as of January 1, 2022) must demonstrate the understanding and ability to swim all four competitive strokes for at least one length of the pool legally as a 100 Individual Medley. Swimmers must also be able to complete a 100 free without stopping and be willing to swim longer challenges in practice. Understanding of a pace clock and working in a team environment is also expected for entrance to the level.

Practice Duration: 60 minutes

Program Options:

ADV1 3x – three days per week (MC, WARF, PWE)

ADV1 max/flex – four to six practice offered per week (MC, WARF, PWE)

ADV1 Home School – up to four practices offered per week (MC)

Medley Programs

Medley (MED2)

Our entry level competitive program for swimmers 9-12 years old is perfect for swimmers that possess some skills from lessons or summer swimming but is not yet fully able to do all of the competitive swimming strokes proficiently. This level will help swimmers understand competitive swimming and perform all the skills needed for long range success in the pool.

Entrance Criteria: Swimmers 9 to 12 years old (as of January 1, 2022) must demonstrate comfort and composure in the pool alone and be able to swim 2 lengths of the pool unassisted one lap with face in the water freestyle, and one lap of backstroke. Attention to learning in a group environment and taking instruction from a coach is also required for entrance to this level.

Practice Duration: 60 minutes

Program Options:

MED2 2x – two days per week (MC, PWE)

MED2 max/flex – up to four practices per week (MC)

MED1/2 Home School – up to four practices per week (MC)

Medley (MED1)

Our entry level competitive program for swimmers 6 to 8 years old is perfect for swimmers that possess some skills from lessons or summer swimming but is not yet fully able to do all of the competitive swimming strokes proficiently. This level will help swimmers understand competitive swimming and perform all the skills needed for long range success in the pool.

Entrance Criteria: Swimmers 9 to 12 years old (as of January 1, 2022) must demonstrate comfort and composure in the pool alone and be able to swim 2 lengths of the pool unassisted one lap with face in the water freestyle, and one lap of backstroke. Attention to learning in a group environment and taking instruction from a coach is also required for entrance to this level.

Practice Duration: 60 minutes

Program Options:

MED1 2x – two days per week (MC, PWE, WARF)

MED1 max/flex – up to four practices per week (MC)

MED1/2 Home School – up to four practices per week (MC)

Occoquan Swimming

2021-2022

Program Outline & Levels

Non-Competitive Skill & Fitness Programs



SPEED Squad

Speed Squad sets the groundwork for a strong swimming career. Mainly geared toward swimmers that do not want to compete in year round, USA Swimming competitions, the program offers skill work on all four competitive strokes and starts and turns. This is a perfect supplement to gearing up for summer league success or as a starting point to preparing for the competitive swim programs or multi sport athletes to gain fitness and skills. The Speed Squad can be a bridge program to enter into the competitive program when ready.

Stroke Progression & Endurance Development accommodates swimmers who:

- Do not wish to commit to a year-round Swim program (month-to-month membership)
- The Multi-sport athlete that wants to stay swimming while doing multiple other sports
- Swimmers who would like to get ready for Summer League
- Looking for conditioning and stroke refinement
- Use swimming as a way to exercise or train off-season
- Triathlete who wishes to improve their swimming skills & fitness
- Need an affordable option without the competitive expectations of year round programs
- Looking for a one-stop solution for most aged swimmers

What to expect:

- The Speed Squad will be led by an OCCS professional accredited USA Swimming Coach. Our coaches have an extensive knowledge of the sport and have many years' experience working with athletes.
- The Speed Squad will be focusing on stroke development and refinement, along with endurance training and racing strategies for shorter distance events (such as 25's, 50's and 100's).
- Swimmer's will be broken into lanes according to their age and ability to better serve each child's particular skill set and knowledge base. Athletes will be given different sets and drills lead by the coach to refine and improve each particular stroke.
- Swimmer's will learn proper body position, propulsion & stroke progression for each stroke
- Develop racing strategies and endurance for summer league/high school swim type events
- They will gain knowledge of competitive starts, turns and finishes for each of the 4 strokes

Entrance Criteria: Ages 8-15 old must be able to swim four lengths of the 25 yard pool otherwise the swimming lessons at the swim academy would be a great option to learning to swim across the pool.

Practice Duration: 45 minutes

Program Options:

1x, 2x or 3x days per week

Month-To-Month Contract

Available at MC & PWE (seasonally)

Home School Fitness

Much like the Speed Squad, the Home School fitness program provides a light version of being involved with a swim team. The program offers continual skill development, fitness challenges and health improvement opportunities to supplement a physical education opportunity for students schooled from home.

Entrance Criteria: Ages 8-15 years old must be able to swim four lengths of the 25 yard pool otherwise the swimming lessons at the swim academy would be a great option to learning to swim across the pool.

Practice Duration: 60 minutes

Program Options:

Up to 4 days/ week

Month-To-Month

9 month program

High School Preparation

The goal of the High School Preparation program is to offer a short (three months) pre-season training program for perspective high school swimmers. The program runs from September until the start of the High School season (early November). The fitness program provides a light version of being involved with a swim team. The program offers continual skill development, fitness challenges and health improvement to prepare for a successful high school campaign.

Entrance Criteria: Ages 14+ years old must be able to swim eight lengths of the 25 yard pool otherwise the swimming lessons at the swim academy would be a great option to learning to swim across the pool.

Practice Duration: 60 minutes

Program Options:

Fall Season

Swimming Lessons (Swim Like a FISH)

Swim lessons from Occoquan Swim Academy are offered year-round at Central Park Aquatic Center in Manassas. Group lessons are offered to participants 3 years and up however we also offer options for a parent-tot experience for babies & tots under 3 years old as well as adult lessons. If you do not find a class or time that works for you, do not hesitate to reach out and we will see what we can do to make something work for you and your child.

- OSA curriculum saves lives and teaches effective, efficient, fast swimming. A systematic approach to building foundational skills provides the tools needed to help your kids stay safe in the water and swim like a FISH.
- OSA classes are small. Most classes are kept at a max of 3 students at a time, offering plenty of one-on-one attention while helping the kids work together and learn from each other along the way.
- OSA instructors are amazing. With backgrounds in competitive swimming our instructors have learned from numerous coaches and teachers through their own careers. Our training also provides a simple progression that allows kids to learn effectively and progress at their own pace.
- OSA swimming pool is filled with warm (88 degrees), clean water. With an upgraded filtration system, UV disinfection along with a small dose of chlorine, the water is safe and clean for all ages.

Safety, systems, instructors and fun, your kids will be swimming like a FISH in no time. OSA offers four levels of learning to swim to progress young swimmers from learning foundational skills to being ready to join a swim team.

Foundations

Swim Foundations participants will learn the required skills to start their journey in learning to swim effectively. Through a child-centered, activity-oriented approach--coupled with unique skill progressions, swimmers build on their love of the water and being safe in and around that pool. There are two levels of Foundations; in order to progress to level 2 all skills from level 1 must be competed multiple times.

Swim Foundations 1 Skills Taught

Breath	Submerge; Bubbles; Breath Control
Body	Front Float (Head Down); Back Float (10 Seconds Each)
Propulsion	Kick with barbells
Safety	Jump in turn & reach for the wall

Swim Foundations 2 Skills Taught

Breath	Front float with breath; Advanced Breath Control; Surface Dive
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Body	30 second floats on front and back
Propulsion	10 yards kid on front and back
Safety	Jump in with clothes on & get back to wall

Intermediate

Prerequisite: Completion of Swim Foundations Level 1 & 2 Skills

In the Intermediate program, your child will learn how to swim the formal strokes of freestyle and backstroke in addition to introduction of the advanced skills of butterfly and breaststroke kick.

Intermediate Skills Taught

Breath	Float sequence with breath; 5 yards kicking with breath hold
Body	Streamline kicks
Propulsion	12.5 yards of basic freestyle & backstroke; 5 yards of fly kicks; intro to breaststroke
Safety	Tread water for 20 seconds

Swim Strokes

Prerequisite: Completion of the Intermediate Swim Program

Swim Strokes program is drill-oriented with unique skill progressions for developing swimmers that can cross the entire pool (25 yards).

Swim Strokes Skills Taught

Breath	Side breathing for freestyle
Body	Side kicking; front wall push-off (ready position)
Propulsion	25 yards of freestyle & backstroke, 12.5 yards of fly kick, 5 yards breast kick
Safety	Tread water for 30 seconds; surface dive & retrieve

High Skills Strokes

Prerequisite: Completion of Swim Strokes Program or swim Freestyle with side breathing for 25 yards.

In the High Skills Strokes program, your child will learn the advanced skills of Breaststroke and Butterfly, as well as refine and further develop the Freestyle and Backstroke.

Advanced Swim Strokes Skills Taught

Breath	Breaststroke and Butterfly breathing
Body	Undulations for breast & fly; underwater push off on back
Propulsion	50 yards freestyle swim; 12.5 yards breaststroke and butterfly swim
Safety	Tread water for 1 minute