



# Stuttgart Piranhas 2022 Training Group Guidelines

## TRAINING GROUP GUIDELINES

While training groups may be assigned primarily upon age and ability, other factors may be used to help determine final placement. The Training Groups are based upon the USA Swimming American Development Model for Swimming which focuses on the USA Swimming [American Development Model](#) emphasizing Competence - Character - Confidence - Connection.

The Stuttgart Piranhas consists of five main groups which correspond to the USA Swimming ADM Guidelines:

- RED (L1)
- BLACK (L2-3)
- GOLD
  - A (Level 5-6)
  - B (Level 4-5)
  - C (Ages 13 & Up - Level 3)

### RED

These are "Level 1" swimmers according to the USA Swimming American Development Model.

#### Basic technical skills

- Must be able to swim 50 meters in freestyle and backstroke with good basic technique and **proper breathing** from a push.
- Freestyle swim stroke
  - Demonstrate the ability to comfortably take a breath on either the right or left side.
- Backstroke:
  - Demonstrate shoulder and hip roll motion with head back for 50 meters
- Can complete a continuous swim and kick for five minutes. (200 meters/ yards of free)
- Can complete 45-minutes of practice

#### Cognitive Skills

- Understands that s/he is part of a team and has respect for his/her teammates. Works to help and encourage their teammates.



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- Understands the importance of learning all four strokes, and is willing to do their best in practice and at meets.
- Swimmer understands the importance of giving the coach their undivided attention, listens to the coach and tries to make the appropriate changes
- The swimmer understands the team rules, and the consequences of breaking the rules, shows respect for the facilities and equipment.
- The swimmer is ready to start practice on time and with all equipment (and also puts equipment away).
- No prior competitive experience is required

## **BLACK**

The BLACK Training Group is usually composed of swimmers ages 9-12. This group is designed for more advanced younger swimmers and older swimmers who are dedicated to working quickly to improve their strokes.

Swimmers ages 9-12 should be able to complete all four competitive strokes, 400, and 200 Free, 100 IM and 200 IM, as well as all competitive turns and starts. They must be willing to work hard, pay close attention to the coach, with a determination to improve, and have learned how to use the pace clock. They are Level 2 and developing Level 3 swimmers according to USA Swimming Developmental Guidelines, and can complete the following practice sets with good technique:

- 6 x 50 Free
- 6 x 50 Back
- 6 x 50 Breast
- 6 x 50 Fly
- 6 x 100 Kick
- 1 x 200 IM (with all turns & UW work)
- 400 Free (and will train for 800 Free)

All swimmers in this group must:

### **Basic technical skills**

- Swim all four strokes
- Perform Relay Exchanges



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- Execute a start from the blocks. Hold the underwater streamlined position for 1-½ body lengths, initiate a kicking action for one body length, and progress to the surface of the water with a pull
- Butterfly:
  - Demonstrate correct timing of the pull, kick, and breath during the butterfly
  - Complete one length of the pool with legal butterfly form.
- Breaststroke:
  - Complete one length of the pool with legal breaststroke form.
  - Demonstrate correct timing of the pull, kick, and breath during the breaststroke.
  - Complete legal breaststroke pullout with the dolphin kick
  - Performs 100 meters of individual medley with legal technique and turns
- Dolphin Kick and More:
  - Performs prescribed underwater dolphin kicks for freestyle, backstroke and butterfly on starts and turns; and breaststroke on pullouts
  - Breathes within the rhythm of stroke in all four strokes

### Cognitive Skills

- Understand and demonstrate good sportsmanship (congratulates competition, does not throw fits when goals aren't achieved, or talks badly about competition or teammates), and takes pride in being part of the team.
- Treat teammates, parents, coaches, and gym staff the way they want to be treated.
- Talk to the coaches before and after each race, understand the role of failure and the importance of learning from one's mistakes.
- During practice, the swimmer leaves on time for all sets, starts and finishes at the wall, swims the sets in the prescribed manner, swims the entire set (Does not walk on the bottom of the pool, "lose" equipment, or go to the bathroom in the middle of difficult sets. This swimmer doesn't complain about the difficulty of a set and counts their repetitions accurately).

### **GOLD**

The **GOLD** Training Group is composed of 7th-12th grade swimmers, and further divided into levels A, B and C. Swimmers in this training group are Level 3 or higher, according to USA Swimming Areas of Development. Please note, swimmers are able to move up or down from a training group with the coaches' and parents' approval.



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## Group A

This is the highest training group, and is for those high school aged swimmers who want to achieve A times or better, desire to swim in college, and for whom swimming is their primary sport. They must have at least one A time (or coach's discretion), be legal in all four competitive strokes, and are expected to compete at all Championship Meets. Additionally, swimmers must be able to complete practice sets of:

- 6 x 200 IM on 4:00
- 8 x 100 Kick on 2:20
- 15 x 100 Free on 1:30

And competitive times of:

- 100 Free 1:15
- 200 Free 2:40
- 400 Free on 5:20
- 800 Free on 10:40
- 1500 Free on 20:00
- 100 Back 1:25
- 100 Breast 1:35
- 100 Fly 1:25
- 200 IM 3:00

Swimmers must opt-into this training group, and parents and swimmers will be asked to sign a training contract to ensure all parties understand the requirements.

## Group B

This is the main “**GOLD**” training group for high school swimmers, and some exceptional 11-12 year old swimmers. If swimmers are dual athletes, they will need to set up a practice schedule with the coach. Swimmers in the B group must be legal in all 4 strokes, without significant stroke flaws. Swimmers in this group have or are pursuing "BB" times or better in multiple events, according to EFSL standards, and can complete a 200 IM, a 400 IM, 400 Free, 800 Free and 1500 Free.

## Group C

This is our introductory **GOLD** training group. These are advanced 11-12 year olds, who qualified for Long Distance and/or have B or better times in multiple events, as well as the intermediate high school



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swimmers who have the basics of all four strokes, but still need quite a bit of technique and aerobic conditioning work.

- Perform a legal 100 of each stroke,
- Perform a legal 200 individual medley and the age appropriate distance event (400 and/or 800 Free)
- Increase number of underwater dolphin kicks with increased speed and efficiency for freestyle, backstroke, and butterfly.
- Perform effective finishes
- Perform correct timing for relay exchange.
- Breathes within the rhythm of stroke under race conditions in all four strokes.
- Short sprints of all strokes at maximum velocity working on racing skills, coordination, starts and finishes.
- Aerobic endurance
  - Performs threshold set one time per season (T-20, 10X200, etc.)

All swimmers in the **GOLD A-B-C** Group must:

## **Basic technical skills**

- Maintain consistent stroke rates and times in training sets.
- Performs the 200's of stroke and a 400 individual medley
- Kicks to 10 meters using underwater dolphin kicks faster than in previous level
- Improve speed, power and distance to 15 meters in each stroke
- Performs a relay exchange with advanced technique.

## **Cognitive Skills**

- Demonstrate a high level of sportsmanship (respects competitors, and gets along with teammates and friends, regardless of ability level).
- Works to learn the names of their competitors;
- Attends recommended meets and understands the importance of warm-up and cool down;
- Meet the established attendance requirements;
- Challenges him/herself to perform at the utmost of his or her ability in practice;
- Ability to balance school and practice;
- Understands the benefits and uses of positive self-talk, and monitors negative self-talk;
- Understands the importance of concentration in practice and meets, and can regularly recognize a faulty focus, and bring oneself back to proper focus;



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- understands and takes responsibility for attendance, performance, and habits in practice;
- Is able to accept constructive criticism from the coach, and that criticism is a critique of skills, not of them as an individual;
- Effectively communicate his or her commitment to parents, coach and teammates;
- Understands the need to sacrifice self interest for team goals;
- Understands the importance of goal setting, sets goals for the entire season;
- Understands the importance of visualization and imagery to enhance performance and works to utilize these techniques.