

PALM is a year-round swim team that is committed to the whole development of the swimmer. Our vision is to keep our team small and keep the focus on the child. Throughout the season, our team will keep a positive environment and provide opportunity for each swimmer to reach his/her potential.

Swimmers are placed in training groups based on their age/developmental ability at the start of the season (short course and long course). Swimmers may be promoted to the next training group mid-season at the coach's discretion.

PALM-Spartanburg Training Groups

Rockhopper 1

This group is appropriate for swimmers **aged 8/under** who want to develop their swimming strokes.

- Focus on learning the fundamentals of all four strokes
- Introduced to racing dives and proper turns/finishes
- Provided age-appropriate instruction and games so they may develop a love for the water

Rockhopper 2

This group is appropriate for swimmers **aged 10/under**, or **brand new** to the sport of swimming, that want to develop their swimming strokes at a more rapid rate by swimming two times per week.

- Further emphasis on mastering legal strokes and turns in order to prepare the swimmers for competitive swimming
- Teaching and refinement of legal turns and racing starts
- Introduction to pace clock
- Foster love for the water through age-appropriate instruction and games

Gentoo

This group is appropriate for swimmers aged **9-12** who are ready to enter age group swimming competition.

- Build upon the fundamentals while introducing more advanced drills and efficiency techniques
- Continuously emphasize good stroke mechanics
- Refine legal turns in all four strokes, streamlines, underwaters and competition starts
- Introduced to basic interval training with a pace clock
- Focus on short- and long-term goals throughout the season to better understand the process to succeed in this sport
- Expected to attend a minimum of 60% of practices and participate in local meets and at least one away meet

Royal

This group is the most advanced level of our age group program. Appropriate for swimmers **aged 10/over**. This group aims to establish good practice and training habits to promote high performance and set them on the path to future success.

- Refine stroke mechanics and focus on conditioning and training consistency
- Add more difficult interval training and conditioning to prepare for state and regional competition
- Increase aerobic endurance along with increased training volume and intensity
- Introduced to formal goal setting and accountability
- Employ more focused race strategies
- Expected to attend a minimum of 75% of practices and compete in all local and at least two away meets

King 1

This group is for older age group and high school swimmers who enjoy the sport of swimming and are interested in continuing to swim but not at the level of commitment of other competitive groups.

- Opt for a Flex membership which allows swimmer to choose their 3 practices per week
- Continuously improve technique and conditioning
- Taught goal setting
- Employ more focused race strategies
- Encouraged to participate in swim meets

King 2

This group is for older age group and high school swimmers who really enjoy swimming and are interested in being more competitive and willing to commit to a higher level.

- Begin more regular and demanding pool training
- Must be legal in all strokes, as well as starts and turns
- Further refine stroke mechanics and focus on conditioning and training consistency with increased physical workload at practice
- Goal setting and accountability
- Focused race strategies and learned ownership of their racing strategies
- Expected to attend a minimum of 80% of practices and compete in all local and at least two away meets

Emperor

This group is for swimmers **aged 13/over**. This is our most advanced training group who compete with the goal to excel in competitive swimming. Swimmers have sectional and higher cuts.

- Show advanced commitment through effort, attendance and refinement of technique/skill, in all areas, to the highest standard
- Participate in rigorous pool training to prepare the swimmer for regional, national, and international competition.
- Taught goal-setting, self-motivation and accountability
- Practice stroke and race specific needs
- Demonstrate leadership for the younger PALM swimmers/groups
- Emphasis placed on elite performance, including workout habits, nutrition, sleep, and laying the foundation to compete at the collegiate level- if they so desire.
- Required attendance at all practices/meets