

Merage JCC Waves Swimming Team Groups



Group Placement:

Group placement is important to the future of each athlete. A simple assessment of each swimmers' skills will help with the proper group placement when joining the team.

Please call us at (949) 435-3400 ext. 132 to schedule a tryout, or [Click Here](#) to send us an email request for more information.

Many factors influence group placement: some can easily be explained or enumerated, while others may be influenced by coaching instinct or experience. Clearly communicating our team wide philosophy for group placement will enable a better appreciation of the decisions that determine group placement.

First, a swimmer's group placement only indicates a floor – not a ceiling! Each group has minimum time standards for placement (the floor) but does not have a limit on any swimmer's achievements (the ceiling). Swimmers in Prep level groups are sometimes faster than Silver level swimmers; some Silver swimmers will have achieved higher time standards than some Gold group swimmers. Overlap always exists.

Second, group placement in NO WAY communicates a coach's belief about a swimmer's future success or value. Upward group movement is not meant to be a reward, but rather a next step in development. The Waves Coaching Staff views all swimmers as outstanding young people; we categorically reject inaccurate status labels that can be attached to groups. Some of the Waves best swimmers spent considerable time in developmental groups gaining the experience that would make them successful in our highest-level training groups when they got older.

Some of the important factors driving group placement are the following:

- Training ability and technique. (Does your swimmer practice at the same level they race at? Make the technical changes asked by the coach?)
- Leadership. (Are the swimmer's actions positively influencing others in the group?)
- Commitment. (Practice attendance, meet participation, priority of the sport)
- Maturity. (Chronological age, physiological age, ability to deal with change, and emotional development)
- Meet results (as these translate to meet qualifications and training needs)
- Group size (how many swimmers can each group take in order to keep number of swimmers per lane manageable)

Practice Times:

The group workout times do not change. The workouts are swum at the JCC of Orange County. The only exception to this is if the team chooses to rent pool time at a long course facility/pool for the summer mornings.

The JCC Waves offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the JCC Waves to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of their abilities.

Competitive II:

This group trains at a very high level preparing the athlete to reach his or her highest potential in the sport, at the HS, collegiate and National level. There is an 80% attendance policy for athletes in this group, required to attend all meets planned out by the head coach and swimmers are mature enough to take responsibility for their actions.

Practices are offered 6 times per week during Fall, Winter & Spring. An additional 30min of "WYN" or What-You-Need individualized training is available after the 6:00pm end practice time.

Summer practices offered are up to 9 workouts per week, 2-hour summer mornings and 3-hour afternoons. The coaching staff is aware that some training weeks may present unforeseen attendance difficulties. Make-up practices may be available through a written workout to be done at the JCC pool with permission from Coach Chris.



There is a strong dryland component offered to compliment the in-water work with professional JCC Trainers. The dryland training is part of the swimming practice and is offered to all group members.

Note: Swimmers must be entering high school to be permitted in Competitive II with Head Coach approval.

Required Equipment - Training Fins, Pull Buoy, Hand Paddles, Swim Snorkel, an extra pair of goggles in equip. bag and a Water Bottle

Coaches look for:

- Attendance commitment to 5 practices per week, 6 are offered.
- Multiple "Senior" times for 13-14 yr. old's or Age Group Champ cuts.
- Meet participation is expected as planned by Coach Chris.
- Championship meets are required and participation in relays are expected.
- Swimmers must be able to train consistently at the group's high level.
- Before moving into this group swimmers, must be leaders in their current group and succeed on the fastest interval.
- Technique must be sound so injury does not occur with added yardage.
- The JCC Waves strength & conditioning dry land provided by Certified JCC Trainers, at no additional cost, strongly encouraged.
- Full participation in the long course season
- Coach recommendation.

Fitness II:

Note: Swimmers must be either entering high school, or above to be in this group.

This diverse group is for athletes are pre or high school age and wanting to work towards personal goals whatever they may be. A high focus on teaching of stroke mechanics, conditioning, and racing are main components of this group.

This is an excellent group for the Junior Varsity HS swimmer, or competitive water polo player looking to be in top condition to reach his or her potential for high school season. Swimmers are offered 5 to 6 workouts per week for 90 minutes in duration.



Swimmers will be offered a comprehensive dryland conditioning program and can participate in the 6:00-6:30 "WYN" group as part of the Waves experience.

There are no practice requirements for this opportunity-based group, but athletes will be encouraged to attend as much as possible. The main goal of this group is to help the younger inexperienced teenager to develop a love for the sport of swimming by teaching new skills, giving swimmers new challenges to build confidence, and helping them to enjoy racing.

Required Equipment - Training Fins, Pull Buoy, Hand Paddles, a Water Bottle

Coaches look for:

- At least or turning pre-high school/13 years old before their championship season.
- A willingness to move during practice at a rate that breathing is labored and heart rate is up.
- Commitment to a minimum of 3 & may practice up to 5 practices a week
- Attend meets whenever possible



Competitive I:

Note: This group is for the highly advanced swimmer that have WAG, JAG, JO & Far West time standards.

This group is geared for our older developmental age group swimmers. Swimmers must demonstrate a proficiency in all four competitive strokes and understand the pace clock, and work out etiquette. Swimmers are offered 5 practices a week for 1.5 hours in duration. 4 workouts per week are required. Swimmers compete in USA sanctioned swim meets, but are not required to. Athletes typically lose weight, gain muscle, and develop sports.

Required Equipment - Training Fins, Pull Buoy, Swim Snorkel, a Water Bottle

Coaches look for:

- A minimum attendance of 4 practices a week
- Technique must be sound so injury does not occur with added yardage.
- Able to complete swim/dryland a 120 min. workout.
- 5 "Blue" times in more than one stroke or Age Group Champ cuts.
- At least a "Red" time in every stroke in the 9-10 or 11-12yr. old age group.
- "Red" times in the 200 IM & 500 free
- Meet participation is expected as planned by Coach Gina.
- Coaches reserve the right to place swimmers in meet events and championship relays.
- Championship meets are required and participation in relays are expected.
- Full participation in the long course season

Fitness I:

This developmental group is offered 4 practices per week for one hour fifteen minutes in duration. Continuing the progression from the splash group or looking for general fitness, the overwhelming majority of the time is spent on stroke refinement, and an introduction to swim sets using the pace clock.

Swimmers compete in USA sanctioned swim meets, but are not required to. Athletes typically lose weight, gain muscle, and develop sports.

Required Equipment - Training Fins

Coaches look for:

- Swimmers to be at least 9 years old
- Be legal in all 4 strokes with the ability to swim a 100yd freestyle in 1:59 or faster
- Able to complete swim/dryland a 90 min workout
- Commit to a minimum of 2 practices per week with a maximum of 4 practices
- Attend meets whenever possible.

Waves Competition:

Note: Swimmers in this group are typically aged 5-9 years old. Swimmers focus on performing their best at Blue meets, WAG, Jag and Junior Olympic Championships.

This group is geared for our younger more competitive age group swimmers. Swimmers must demonstrate a proficiency in all four competitive strokes. Understand the pace clock, work out etiquette, proper goal setting, and the beginnings of goals within our sport. Swimmers are offered 6 practices a week 90 minutes in duration. Swimmers participate in USA Swimming competitions and must compete in all team attended meets per season.

Required Equipment - Training Fins, Pull Buoy, Snorkel, a Water Bottle

Coaches look for:

- Swimmers to be at least 5 years old.
- Committing to a minimum of 3 and a maximum of 4 practices a week.
- Able to complete swim/dryland a 90 min. workout.
- At least 5 10 & under "Red" times, or 2 "Blue" times in more than one stroke.
- Attend meets whenever possible.
- Full participation in the long course season



Splash Group I, II & III:

Note: Athletes are typically aged 4 1/2-10yrs & must swim 25 freestyle as well as 25 backstroke without stopping to be considered for the group.

This group is offered with 15min stretching/agility movements, 45 minutes of practice time, 15 minutes of game and 10min of hot pool time. There is no requirement for attending. The group is offered 4 times per week M-Th.

It is for swimmers moving out of a lessons program, and wishing to get an introduction to competitive swimming. This group is pre-team swimming lessons and swimmers can compete in USA meets, as well as all intra-squad meets typically with high involvement from their parents.

Required Equipment – Goggles and a Swim Cap

Group Move Up's:

When do Group Moves happen?

Birthday Dependent Moves usually follow this schedule, but only as general guidance:

- September through December birthdays: (November/December can be tricky – this depends on the group and your child) will move to a new group starting in September.
- January to Spring JO Age Group Champs birthdays: will move after the Spring JO meet, but again, sometimes this move can occur earlier.
- JO Age Group Champs through end of short course birthdays: This will depend on what meets your swimmer is attending/has qualified for, as well as the timing of upward movement out of higher groups. Some swimmers will move right after JO Age Groups, others may wait until the end of the short course season.
- End of school through summer awards/age group champs' birthdays: Will move when school lets out.
- For high school age September through February performance-based move ups will occur in March. March to the end of the high school year (June) will be another move up opportunity. As well as June through August starting the year in a new group in September.

JCC Waves realizes that group moves change family routines. Group moves often change schedules, car pools, team dues, coaches, and expectations. Because of this, we hope the above information will give you a good idea as to when your swimmer will move groups based on an age change, and that we will let you know as far in advance as possible about an in-age group move.

