**BROOKINGS TRAINING GROUPS**

**Bronze**

Age ranges from 6 to 10 years.

Consistently perform 2 of the 4 strokes legally.

Able to swim 25-yards of freestyle & backstroke, and some breaststroke and/or butterfly.

Able to perform all 3 competitive kicks legally.

Able to perform competitive racing starts and able to execute all 4 turns legally.

Able to listen and follow directions, and have the maturity and physical strength to complete 45-minute workouts.

Be ready socially, emotionally, and physically for a higher demand.

4-5 practices offered per week (we recommend attending 3). Practice yardage ranges from 700-1500 yards.

Focus on improvement of technique in all competitive strokes, turns, racing starts, competitive swimming rules,

 and fun. Introduction to other training tools such as clock reading, drills, small sets, meet attendance.

*Equipment Needed: Fins, Kickboard, Mesh Equipment Bag, Water bottle, Suit, Team cap*

**Silver**

Age ranges from 7 to 12 years.

Able to swim 50-yards of all four competitive strokes, plus a 200 Individual Medley (IM).

Able to perform competitive racing starts and all 4 turns legally.

Able to listen and follow directions, and have the maturity and physical strength to complete 1 hour workouts.

Be ready socially and emotionally for a higher demand.

5 practices offered per week (we recommend attending 4). Practice yardage ranges from 1200-2200 yards.

Focus is to improve stroke technique, aerobic conditioning, racing starts & turns, longer swim sets, and sprints.

Expected to attend selected meets, plus their highest qualified championship meet.

Sample intro sets: 5 x 100 free @ 2:00 and 5 x 100 IM @ 2:20.

*Equipment Needed: Fins, Kickboard, Snorkel, Mesh Equipment Bag, Water bottle, Suit, Team Cap.*

**Gold**

Age ranges from 9 to 14 years.

Able to legally swim 100-yards of all 4 competitive strokes, plus a 200 Individual Medley (IM).

Able to perform competitive racing stars and able to execute all 4 turns legally.

Able to listen and follow directions, and have the maturity and physical strength to complete 1 ¼ hour workouts.

Be ready socially and emotionally for a higher demand.

Six practices offered per week (we recommend attending 4-5). Practice yardage ranges from 2300-3500 yards.

Focus is to continue to improve stroke technique, racing starts & turns, aerobic conditioning, longer swim sets,

 sprints, race strategies, goal setting, and knowledge of pace/intervals.

Attitude – demonstrates a commitment level necessary to attain higher levels of training

Expected to attend selected meets, plus their highest qualified championship meet.

Sample intro sets: 10 x 100 free @ 1:45; 5 x 200 IM @ 3:30; 8 x 200 free @ 3:20.

*Equipment Needed: Fins, Kickboard, Paddles & Pull Buoy, Snorkel, Water bottle, Mesh Equipment Bag, Suit, Team Cap*

**Platinum**

Age ranges from 9-14 years.

Able to legally swim 200-yards of the free, back, and breaststroke, and IM; and 100-yards of the butterfly.

Able to perform competitive racing stars and able to execute all 4 turns (including IM Transitions) legally.

Able to listen and follow directions, and have the maturity and physical strength to complete 1 ½ hour workouts.

Be ready socially and emotionally for a higher demand

Six practices offered per week (we recommend attending 5+). Practice yardage ranges from 2500-4200 yards.

Focus is to continue to improve stroke technique, racing starts & turns, aerobic conditioning, longer swim sets,

 sprints, race strategies, goal setting, and knowledge of pace/intervals.

Attitude – demonstrates a commitment level necessary to attain higher levels of training

Expected to attend selected meets, plus their highest qualified championship meet.

Sample intro sets: 10 x 100 free @ 1:30; 5 x 200 IM @ 3:15; 8 x 200 free @ 3:10.

*Equipment Needed: Fins, Kickboard, Paddles & Pull Buoy, Snorkel, Water bottle, Mesh Equipment Bag, Suit, Team Cap*

**Junior**

Age ranges from 13 through 18.

Able to meet Gold Group minimum of 50-yards of all four competitive strokes, plus a 200 Individual Medley (IM).

Tailored for swimmers in two categories: (1) those who are not ready to move to the Senior Group; or (2) their primary

focus is on cross-training, want to stay in shape, &/or social activity.

Able to listen and follow directions, and have the maturity and physical strength to complete 1 ½-¾ hour workouts.

Five practices offered per week. No practice limitations. Practice yardage ranges from 3000 to 4500 yards.

Focus is to continue to improve stroke technique, racing starts & turns, aerobic conditioning, longer swim sets,

 sprinting, race strategies, and goal setting.

*Equipment Needed: Fins, Kickboard, Paddles & Buoy, Snorkel, Water bottle, Mesh Equipment Bag, Suit, Team Cap*

**Senior**

Age ranges from 13 through 18.

Nine practices (AM & PM) offered per week (expected to attend at least 80%).

Practice yardage ranges from 5000 to 6500 yards.

Expected to attend selected meets, plus their highest qualified championship meet.

Swimming is their primary activity with a desire to swim in college.

Stroke mechanics, challenging aerobic & anaerobic training sets, goal setting, and race strategy emphasized.

Sample intro sets: 16 x 100 free @ 1:20; 8 x 200 free @ 2:50; 8 x 200 IM @ 3:05

Goal of making Sectional (and above) qualifying times.

*Equipment Needed: Fins, Kickboard, Paddles & Buoy, Snorkel, Water bottle, Mesh Equipment Bag, Suit, Team Cap*