



Group Placement Chart

Group	Ideal Age	Requirements for Admission	Skills Taught	Suggested Attendance	Equipment Requirements	Coach
Gold	5 to 8	Must complete 25 yards of Freestyle and Backstroke	Streamlining; how to push off wall correctly; proper head and body position; proper kicks for each stroke; proper pull patterns for each stroke; how to dive; turns.	2-3 times/week	Fins; Kickboard	Pam Taylor
White	7 to 10	Must be able to complete a legal 100 IM and 100 Freestyle	Proper head and body position; proper technique for each stroke; continue technique development for starts and turns; introduction to pace clock.	3-5 times/week	Fins; Kickboard; Pull Buoy	Gil Stovall
Red	8 to 11	Must be able to complete a legal 200 IM and a 200 Freestyle with correct streamline and flipturns	Continue technique development for all strokes, starts, and turns; intro to interval training; intro to race strategy.	4-6 times/week	Fins; Kickboard; Pull Buoy; Snorkel	Collin Dowling
Blue	10 to 12	Proficient in all basic aspects of training. This group is geared toward technique and race development. Must have goals of competing in LSC Championships.	Focus is now elite level swimming development: nutrition, attendance, and technique are paramount; race strategy; aerobic and anaerobic training implemented.	5-6 times/week	Fins; Kickboard; Pull Buoy; Paddles; Snorkel	Gil Stovall
Senior I	13+	Proficient in all basic aspects of training. Must have goals of reaching the Sectional level of swimming.	This is the first level of senior swimming. Focus will be on building the skills learned in blue group but with a higher level of training and commitment.	5-7 times/week	Fins; Kickboard; Pull Buoy; Paddles; Snorkel	Ben Davis & Collin Dowling
Senior II	13+	Proficient in all basic aspects of training. Must have goals of reaching the National level of swimming.	Seasonal and Yearly planning are used. Weight training is added to compliment the dry land training. Nutrition is a must at this level.	9 times/week	Fins; Kickboard; Pull Buoy; Paddles; Snorkel; Shoes	Ben Davis
Junior Performance	11 to 14	Able to complete a full 25 FR and BK, and show basic understanding of FLY and BR.	Technique development is key in all strokes as well as starts and turns.	3-5 times/week	Fins; Kickboard; Pull Buoy; Paddles	Whitney Shelton
Senior Performance	13+	Proficiency in all 4 strokes, starts, and turns. Basic understanding of pace clock.	Technique development is continued as well as introducing race strategies. Training is consistent with High School swimming.	3-5 times/week	Fins; Kickboard; Pull Buoy; Paddles; Snorkel	Whitney Shelton