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The Montgomery YMCA Barracudas Swim Groups

Pre-Team:

Pre-Team is the pre-development group for The Montgomery YMCA Barracudas. This group will meet four times a week for at least one hour to learn the fundamental movements of each stroke. Pre-Team focus is to understand the basic mechanics of each stroke and build an excitement for competitive swimming. The group would not be a registered USA swimmer or be able to compete in meets. It is the feeder program that is more than swim lessons. The group designated purpose is for those who can swim and can show growth to move into the competitive swim team group. A basic monthly progress report will be given to each swimmer family to show growth over the month from the coach.

Bronze:

Bronze is the introductory group for the novice swimmer into the world of competitive swimming. This group focuses on the fundamentals of swimming, but gives a more advanced building on the strokes from Pre- Team. With emphasis on good technique and fundamentals, the group also gives more room to show the swimmers the excitement swimming can bring. Practices focus on teaching proper mechanics and techniques through simple drills and sets. Bronze also starts the building of an aerobic base in the swimmers. Swim meets are highly encouraged in this group because it helps the swimmer take away what was learned in practice and apply the mechanics in a race pace setting. The suggested practices per week are to attend at least three of the four practices per week. Each practice lasts no more than one and half hours. A monthly progress report will be given to swimmer family to show growth over the month from the coach and compare through the year.

Silver:

Silver is designed to help build upon and refine the fundamentals learned in the Bronze group. Silver will bring a more competitive vibe to the swimmer that encourages the attendance to some if not all meets that the team attends and host. Building the swimmer into a more competitive atmosphere is the groups dynamic while learning more advanced technique drills of the four strokes. The goal of is to develop a well-rounded swimmer and introduce ways that the swimmer can be more efficient in his or her strokes. The emphasis in practices still is stroke mechanics; with the addition of basic interval training and continued aerobic development. The swimmer will learn how to read the pace clock and have more interval base training than they had in the Bronze group. Practices are held five days a week excluding Wednesday and Sunday for no less than one and half hours. Swimmers are encouraged to attend four of the five practices with a high emphasis of Saturday mornings being one of the four. The silver group will also be introduced into basic individual goal setting sessions with coaches as well get a quarterly report from the coaches.

Senior- Prep:

Senior- Prep is designed to help those who are committed and have a thriving hunger for the sport, to grow and work towards the highest National Age Groups standards. With this group being the height of Age Group swimming, the focus is to help these motivated athletes achieve times based off either USA Swimming National Age Group Motivation Times, Southeastern Swimming Championship Times, etc. Building upon the fundamentals of the Silver group; Senior- Prep will build on swimmers' aerobic base and help further instruct on the proper mechanics and techniques of the stroke. The group focus is to develop swimmers to then reach and take on the next step of competitive swimming. With practice being held six days a week Monday- Saturday, each swimmer is encouraged to attend at least 80% of practices. Attendance is highly encouraged in this group as well as all meets the team attends and host. Senior-Prep will have a seasonal goal setting meeting with the coach to discuss season goals and focus points.

Senior:

Senior is designed for those who are ready to take the next jump in swimming outside the age group program like Senior-Prep. Swimmers are expected to train in an environment that is much more intense than that of Senior- Prep. Swimmers in this group will train consistently in a more highly intense training environment with consistent attendance of practices and meets. The swimmers are offered eight practices a week. Attendance for this group is highly encouraged to be set at 80% attendance for the week. Morning practices are offered twice a week for the swimmers and they are encouraged to attend at least one a week. Swimmers are encouraged to attend all home meets and away meets. Senior will have a seasonal goal setting meeting with the coach to discuss season goals and focus points.

Senior- Elite:

Senior- Elite is for those athletes who have committed themselves to the sport and are ready to endure a higher level of training and competition. Swimmers in this group have the ability to train in a highly intense environment and are committed to the attendance of every practice offered (88% mandatory attendance required, Saturday Mandatory Practice). The objective of Senior- Elite is to act as the team's ambassadors and role models to those swimmers below and the future members of the team. The groups goals are to compete at the highest level in USA Swimming and qualify and compete in both regional and national level meets. Entry into this group is very strict and subject to invitation by the Head Coach.

High School:

The High School swim group is for those athletes who are interested in only competing in the Alabama High School Athletic Association Swim meet in the fall. This group runs from September-December where the athletes learn the basic of swimming skills and experiences to help them compete at the high school level. It is also designed to help these swimmers get a further understanding and continue to develop into competitive swimming. This is the ideal group for those athletes just looking to compete in the Alabama High School State meet. The group meets three nights a week for no longer than one hour.