



**Montgomery YMCA
Barracudas
Group Descriptions
2019-2020**

Pre-Team

Introduction to swimming strokes. In this group we focus on making sure each athlete has a general understanding of all four strokes. We focus primarily on basic technique and making sure the athlete understands the basic technique involved in each stroke.

Bronze

Introduction to competitive swimming. In this group we focus on building strength and efficiency with each stroke. Each practice is geared toward being legal in ALL four strokes and learning how to race.

Silver

Building competitiveness. This group maintains a technical focus with more of an emphasis on racing. The goal of this group is to teach each athlete how to maintain efficiency while racing

Gold

In this group each athlete is pushed to become the best swimmer they can be. We start the conversation of swimming in college and start the training preparation to get to that level.

Platinum

This is the premier group of the Barracudas. With morning practices and light dryland options available for the athletes. The athletes in this group have decided to commit to swimming and seeing how far they can take it. This group is invite only with those coming in that understand the importance of each and every practice.

