



Age Group THROWDOWN!

As we start up the 2017 short course season, we will be posing challenges for our age group swimmers to compete against each other, each month, to raise the bar, increase the competitive excitement, and athlete development! Each training group will be working each month to develop skills and implement habits, in and out of the pool. Month-by-month we will be introduce different elements to help each swimmer understand the various factors that contribute to success. Swimmers will work together, as a training group, towards a common goal!

The winning training group will be posted online each month with the names of the winning competitors.

January

During the month of January, it's important that athletes are preparing to swim fast leading up to and during the championship season. Coming off the holiday training, we will continue to focus on making changes and building better habits. Consistency of effort is the key to getting stronger!

During the month of January, each training would will have a weekly test set with a series of repeating swims. Each group will be as follows: Green Group will have a set of 6x50 [3 kick, 3 swim], White Group of 6x100, Red Group of 8x100, Blue Group of 10x100.

In order for this to span across the entire group and still be challenging, points will be awarded based on the interval group. The harder the interval, the more points the swim is worth. Every athlete in the group will have an opportunity to contribute to this challenge by coming to practice and completing the set.

Age Group Throwdown Point System

	1 point	2 points	3 points
Blue	1:25/ 100 free	1:20/ 100 free	1:15/ 100 free
Red	1:55/ 100 free	1:45/ 100 free	1:35/ 100 free
White	2:20/ 100 free	2:10/ 200 free	2:00/ 100 free
Green	1:50/ 50 free	1:40/ 50 free	1:30/ 50 free

Good luck!

Focused. Tough. Committed. Proud

