**FUTURE CHAMPIONS (Ages 3 – 7)**

**Description**-This is our introductory class to year-round swimming. This class is 45 minutes and will meet twice a week in the mid - morning. Check the schedule for offered times.

This group will practice mainly in the shallow end

Click on the “Future Champions” Tab at the top of our website to sign up for this class.

**Goals**- Students will learn to be comfortable in the water, to balance in the water, and to swim independently. The goal is for swimmers to learn to love the water and the sport of swimming through skill development and having fun!

**Equipment:**

* Goggles
* Swimming cap for swimmers with longer hair
* Fins (optional)

**Requirements:** Able to listen and follow directions

**Skills taught in class:**

* Bobs
* Floating
* Kicking on noodle/ kick board
* Kicking on back
* Rolling from front to back
* Kicking on side
* Freestyle foundations
* Backstroke foundations
* Sitting dives
* Jumping into pool and safely swimming to the wall

**MINI SPARKS (Ages 4-8)**

**Description:** This group is for novice swimmers concentrating on developing proper swimming technique and fun for ages 3-8.  Swimmers will be introduced to the basic skills associated with competitive swimming. They will learn how to be comfortable in the water on their front, back, side and upside down. Basic skills will be learned in order to properly perform starts, flip turns, open turn, and the 4 competitive strokes in future groups. This group practices mostly in the shallow end, can go to the lanes or deep-end on occasion.

**Group goals**: The goal of this group is for the swimmers to learn to love swimming, to have fun and to develop the skills needed to become a competing member of the swim team.

**Practice/Meet Requirement:**These swimmers do not have a practice requirement. It is encouraged they make as many practices as possible. Attending practice regularly will ensure the little swimmers learn the skills needed to progress in their swimming careers, have fun and make friends. Meets are not required. Coaches will talk to parents about when/if the swimmers are ready for a meet.

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Fins

**Criteria to join group:**

* Swimmers must be ages 3-8
* Swimmers must be comfortable putting face in water
* Swimmers must be able to listen and follow instructions

**Criteria to move to next level of swimming:**

* Swimmers must be able to swim 25 yards independently of any type of stroke, kick or drill
* Swimmers must be able to do a sitting dive and somersault
* Swimmers must be able to listen and follow directions
* Swimmers must be developmentally ready to swim longer distances

**SPARKS 3 (Ages 4 -8)**

**Description:** This group is for swimmers concentrating on further developing their swimming technique while increasing endurance and still having fun for ages 4-8.  Swimmers will be introduced to the basic skills associated with competitive swimming. They will begin to learn the rules of competitive swimming, lane etiquette, and sportsmanship.  They will continue to progress their skills, technique and endurance utilizing drills, longer swimming sets and start and turn instruction. This group may practice in the deep end or lanes.

**Group Goals:**The goal of this group is to introduce the swimmer to competitive swimming while continuing to keep swimming fun.

**Practice/meet requirement:**These swimmers do not have a practice requirement. It is encouraged they make as many practices as possible. Attending practice regularly will ensure the swimmers learn the skills needed to swim in their first competition and to make friends.  Meets are not required but are highly encouraged once the swimmer is ready. Ask a coach if you are unsure if your child is ready for a swim meet.

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Fins

**Criteria to join group:**

* Swimmers must be ages 4-8
* Swimmers must be able to swim 25 yards independently of any type of stroke, kick or drill
* Swimmers must be able to listen and follow instructions
* Swimmer must be developmentally ready to swim longer distances

**Criteria to move to next level of swimming:**

* Swimmers must be ages 5-8
* Swimmers must be able to swim 50 yards independently of freestyle and backstroke.
* Swimmers must have a concept of breaststroke and butterfly
* Swimmers must be able to listen and follow instructions
* Swimmer must be developmentally ready to swim longer distances

**SPARKS 2 (Ages 5 -8)**

**Description:** This group is for swimmers concentrating on further developing their swimming technique while increasing endurance and still having fun for ages 5-8.  Swimmers have a firm grasp on freestyle and backstroke. Butterfly and breaststroke fundamentals are being developed in this group. They will continue to progress their skills, technique and endurance utilizing drills, longer swimming sets and starts and turn instruction. This group may practice in the deep end or lanes.

**Group Goals:**The goal of this group is to expand on the swimmer’s knowledge of competitive swimming, while having fun and working hard.

**Practice/meet requirement:**These swimmers do not have a practice requirement. It is encouraged they make as many practices as possible. Attending practice regularly will ensure the swimmers learn the skills needed to swim in their first competition and to make friends.  Meets are not required but are highly encouraged once the swimmer is ready. All Swimmers in this group can participates in swim meets!

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Fins

**Criteria to join group:**

* Swimmers must be ages 5-8
* Swimmers must be able to swim 50 yards independently of freestyle and backstroke.
* Swimmers must have a concept of breaststroke and butterfly
* Swimmers must be able to listen and follow instructions
* Swimmer must be developmentally ready to swim longer distances

**Criteria to move to next level of swimming:**

* Swimmer must have competed in at least 1 USA Swimming sanctioned swim meets
* Swimmer must have passed diving progression per USA Swimming and be able to perform standing dive from block into streamline.
* Swimmer must demonstrate ability to circle swim
* Swimmer must be motivated to come to practice, listen and do what the coach is asking.
* **Move up sets:** 
  + 10 x 25 freestyle on :50
  + 5 x 50 flutter kick on 2:45
  + 100 IM – mostly legal

**SPARKS 1 (Ages 6 -8)**

**Description:** This group is for swimmers concentrating on further developing their swimming technique while increasing endurance and still having fun for ages 6-8.  Swimmers will be introduced to the basic skills associated with competitive swimming. They will begin to learn the rules of competitive swimming, lane etiquette, and sportsman ship.  They will continue to progress their skills, technique and endurance utilizing drills, longer swimming sets and start and turn instruction. This group may practice in the deep end or lanes. Dryland training will be introduced to these athletes beginning in this group.

**Group Goals:**The goal of this group is to swim a 100 IM legally, compete in a Snake River Swimming Championship, and master a dive start, backstroke start, flip turns, open turn, underwater pull and streamline.

**Practice/meet requirement:**These swimmers do not have a practice requirement. It is encouraged they make as many practices as possible to continue to develop their skills, technique and endurance. Swimmers are encouraged to compete in order to get qualifying times to participate in Snake River Swimming short course and long course championships.

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Water bottle
* Fins
* Kick Board (Optional)

**Criteria to join group:**

* Swimmers must be ages 6-8
* Swimmer must have competed in at least 1 USA Swimming sanctioned swim meets
* Swimmer must have passed diving progression per USA Swimming and be able to perform standing dive from block into streamline.
* Swimmer must demonstrate ability to circle swim
* Swimmer must be motivated to come to practice, listen and do what the coach is asking.
* **Move up sets:** 
  + 10 x 25 freestyle on :50
  + 5 x 50 flutter kick on 2:45
  + 100 IM – mostly legal

**Criteria to move to next level of swimming:**

* Swimmer will move to the next group after turning 9. Swimmers ability will determine which age group the athlete swims with

**FIREBOLTS 3 (Ages 9 – 12)**

**Description:** This group is for novice swimmers (no competitive swimming experience) concentrating on developing proper swimming technique and skills for ages 9-12.  Swimmers will be introduced to the basic skills associated with competitive swimming. They will learn how to be comfortable in the water on their front, back, side and upside down. Basic skills will be learned in order to properly perform streamline, starts, flip turns, open turn, and the 4 competitive strokes in future groups. Swimmers in this group will be introduced to the rules of competitive swimming and circle swimming.

**Group goals**: The goal of this group is for the swimmers to learn to love swimming, to have fun and to develop the skills needed to become a competing member of the swim team.

**Practice/Meet Requirement:**These swimmers do not have a practice requirement. It is encouraged they make as many practices as possible. Attending practice regularly will ensure the little swimmers learn the skills needed to progress in their swimming careers, have fun and make friends. Meets are not required. Coaches will talk to parents about when/if the swimmers are ready for a meet.

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Water bottle
* Fins
* Kick Board (Optional)

**Criteria to join group:**

* Swimmers must be ages 9-12
* Swimmers must be comfortable putting face in water
* Swimmers must be able to listen and follow instructions

**Criteria to move to next level of swimming:**

* Swimmers must be able to listen and follow directions, listens to the coach and tries to improve, and is courteous to the other swimmers.
* Swimmers must be developmentally ready to swim longer distances
* Swimmers must be able to perform a standing dive from the side
* Move up sets:
  + 10 x 50 freestyle on 2:00
  + 5 x 50 kick on 2:00
  + 100 IM legal

**SPARKS 2 (Ages 9 – 12)**

**Description:** This group is for swimmers continuing to develop their swimming technique and endurance for ages 9-12.  Swimmers will be introduced to the basic skills associated with competitive swimming. They will begin to learn the rules of competitive swimming, lane etiquette, and sportsmanship.  They will continue to progress their skills, technique and endurance utilizing drills, longer swimming sets and start and turn instruction. This group may practice in the deep end or lanes. Dryland will be introduced to the swimmers in this group.

**Group goals**: Goals of this group is for swimmers to become familiar with USA Swimming motivational times, IMX challenge and qualifying swim meets. Swim 3 x 200 IM legally on :20 seconds rest. Perform an efficient dive start, backstroke start and flip turn.  Compete in Snake River Championship meets (requires qualifying time).

**Practice/Meet Requirement:**These swimmers do not have a practice requirement. It is encouraged they make as many practices as possible. Swimmers who attend practices regularly are more likely to qualify for championship meets, reach higher levels of motivational times, make friends and develop/maintain proper swimming technique. Meets are not required but highly encouraged. One of the goals for this group is to compete in a championship meet requiring qualifying times.

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Water bottle
* Fins
* Kick Board

**Criteria to join group:**

* Swimmers must be able to listen and follow directions, listens to the coach and tries to improve, and is courteous to the other swimmers.
* Swimmers must be developmentally ready to swim longer distances
* Swimmers must be able to perform a standing dive from the side
* Move up sets:
  + 10 x 50 freestyle on 2:00
  + 5 x 50 kick on 2:00
  + 100 IM legal

**Criteria to move to next level of swimming:**

* Swimmers demonstrates understanding of distance per stroke and tries to improve
* Swimmer performs quality starts, turns and streamline
* Swimmers has individual goals they are trying to reach and are committed to attending practice.
* Swimmer listens, works hard and is continually trying to better their swimming skills
* Move up sets:
  + 10 x 50 free on 1:05
  + 5 x 100 kick on 2:30
  + 3 x 100 IM on 2:15

**FIREBOLTS 1 (Ages 9 – 12)**

**Description:** This group is for swimmers motivated by individual and team goals. They are trying to qualify for age group regionals, age group zones.

**Group goals**: Goals of this group is for swimmers to reach an A time or better in the motivational time standards and then qualify for Age Group Sectionals all while improving swimming technique and good distance per stroke.

**Practice/Meet Recommendation:**Consistent practicing is very important to swimmers in this group. Dry land practices are required for this group. A meet every 4 – 6 weeks is recommended

|  |  |
| --- | --- |
| Age | Weekly Work-out number minimum |
| 9-10 | 3-5 |
| 11 - 12 | 4-6 |

\*If for any reason practices cannot be met please talk to the coach

\*Additional practices may be required based on swimmers individual goals

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Water bottle
* Fins
* Small paddles
* buoy
* Kick Board

**Criteria to join group:**

* Swimmers demonstrates understanding of distance per stroke and tries to improve
* Swimmer performs quality starts, turns and streamline
* Swimmers has individual goals they are trying to reach and are committed to attending practice.
* Swimmer listens, works hard and is continually trying to better their swimming skills
* Move up sets:
  + 10 x 50 free on 1:05
  + 5 x 100 kick on 2:30
  + 3 x 100 IM on 2:15

**Criteria to move to next level of swimming:**

* The swimmer will move to the group when they turn 13 or begin 7th grade. Group depends on ability of the swimmer and commitment level.

**Pre - Senior** **(Ages 13 and over or 7th grade)**

**Description:** This group is for swimmers who are 13+ but just beginning their swimming career with a USA Swimming team or who have not reached a B time standard.  Swimmers will learn the drills the team uses, appropriate starts and turns, the 4 competitive strokes, competitive swimming rules, to become more efficient with good distance per stroke, lane etiquette, how to set good goals and how attitude does not just effect themselves but effects their teammates.

**Group goals**: Swim a 200 IM legally, perform efficient swimming, demonstrate a positive attitude and good sportsmanship. Compete at 2 USA Swimming sanctioned swim meets and qualify for the Snake River Championship swim meet.

**Practice/Meet Requirement:**These swimmers do not have a practice requirement. It is encouraged they make as many practices as possible. Swimmers who attend practices regularly are more likely to qualify for championship meets, reach higher levels of motivational times, develop a training group of friends and develop proper swimming technique. Meets are not required but highly encouraged. One of the goals for this group is to compete in a championship meet requiring qualifying times.

**Group Equipment:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Water bottle
* Paddles
* buoy
* Fins
* Kick Board (optional)

**Criteria to join group:**

* Swimmers must be in 7th grade
* Swimmers must be able to swim 50 yards independently of freestyle and backstroke
* Swimmers must willing to learn team drills
* Swimmers must be able to listen and follow directions, listens to the coach, tries to improve, and is courteous to the other swimmers.

**Criteria to move to next level of swimming:**

* Swimmer performs quality starts, turns and streamline
* Swimmers has individual goals they are trying to reach and are committed to attending practice
* Swimmers are developmentally ready to train at higher intensities.
* Sets to move up:
  + 10 x 100 freestyle on 2:00
  + 5 x 100 kick on 2:15
  + 5 x 100 IM on 3:00

**SENIOR 2 (13 and over or 7th grade)**

**Description:** This group is for swimmers who are 13+ who have some competitive swimming experience. This group of swimmers is still working on improving their technique. They are just beginning to start training at higher levels.

**Group goals**: Swimmers are focused on improving their technique, their efficiency in the water, balance in the water, and Distance per stroke.  Swimmers are not only encouraged to train and reach their goals in swimming but also to achieve high standards of academics. A balance between family, school, training, nutrition and sleep will try to be met by helping the athletes set goals and develop good time management skills.

**Practice/Meet recommendation:**practicing is very important for the success of these athletes. It is recommended that these swimmers practice 3 – 5 times per week. Dry – land practices are also recommended for this group. Attending a meet every 4- 6 weeks is recommended.

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Water bottle
* Paddles
* buoy
* Fins
* Kick Board (optional)

**Criteria to join group:**

* Swimmers must be ages 13/ 7th grade
* Swimmer performs quality starts, turns and streamline
* Swimmers has individual goals they are trying to reach and are committed to attending practice
* Swimmers are developmentally ready to train at higher intensities.
* Sets to be in the group:
  + 10 x 100 freestyle on 2:00
  + 5 x 100 kick on 2:15
  + 5 x 100 IM on 3:00

**SENIOR 1 (13 and over or 7th grade)**

**Description:** This group is for swimmers who are 13+ who have a lot of competitive swimming experience. This group of swimmers are trying to reach the next level of swimming. Swimmers in this group are trying to perform well at the high school and regional level.

**Group goals**: Goal of this group is to reach personal goals, a higher level of swimming, and to continue to develop efficiency in the water, maintain technique and increase speed and strength.  Swimmers are not only encouraged to train and reach their goals in swimming but also to achieve high standards of academics. A balance between family, school, training, nutrition and sleep will try to be met by helping the athletes set goals and develop good time management skills.

**Practice/Meet recommendation:**practicing is very important for the success of these athletes. It is recommended that these swimmers practice 4 – 5 times per week. Dry – land practices are also recommended for this group. Attending a meet every 4- 6 weeks is recommended.

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Water bottle
* Paddles
* buoy
* Fins
* Kick Board (optional)

**Criteria to join group:**

* Swimmers must be ages 13+
* Swimmers must be able to swim 400 IM legally
* Swimmers must be able to listen and follow directions, listens to the coach, tries to improve, and is courteous to the other swimmers.

**LIGHTNING 1+2** (12 and over)

**Description:** These groups are for swimmers 12 and over who have chosen swimming as their main sport. The swimmers in this group have had some success on the local and state level and are striving to achieve a higher level of success. Swimmers are striving to achieve Age Group Regionals, Senior Sectionals, Senior Zones, and JR. Nationals time standards.

**Group goals**: Goal of this group is to reach personal goals, a higher level of swimming, and to continue to develop efficiency in the water, maintain technique and increase speed and strength.  Swimmers are not only encouraged to train and reach their goals in swimming but also to achieve high standards of academics. A balance between family, school, training, nutrition and sleep will try to be met by helping the athletes set goals and develop good time management skills.

**Group Requirements:** Athletes in this group are dedicated to their success and are held to a higher standard of commitment

* 6 practices per week
* 2 dry-land/cross-fit sessions per week
* 1 meet per month
* Group and individual meetings with the coaches
* Journaling/goal setting

\*Practice requirements are set at a minimum requirement. Swimmers can come to more than required.

\*If for any reason practices cannot be met please talk to the coach

\*Additional practices may be required based on swimmers individual goals

**Group Equipment Requirements:**

* One piece swimming suit for girls, jammer or racer suit for boys
* Goggles
* Swimming cap for swimmers with longer hair
* Water bottle
* Paddles
* buoy
* Fins
* Kick Board (Optional)
* Drag suit

**Criteria to join group:**

* Swimmers must be ages 12+
* Swimmers must have BB time or better
* Swimmers must be able to swim 400 IM under 5:45
* Swimmers must demonstrate a positive, hardworking attitude
* Swimmers must be able to listen and follow directions, listens to the coach, tries to improve, and is courteous to the other swimmers.