

Training Groups

We place our swimmers in the group we feel will have the greatest benefit and the most positive impact on each athlete. For this reason, we do not allow swimmers to join other group practices. We understand practices will be missed due to other activities, busy schedules, and vacations, but please respect our best efforts to maintain the integrity of each group. Proper placement in a training group and moving from one training group to another is always at the discretion of the Head Coach.

****Please note:** Bronze and Silver 1 & 2 groups are our developmental groups for swimmers ages 6-10. Our goal is to categorize them by age, attendance, and ability. If your child is new to competitive swimming, they may be placed in a younger group until their skills match their peers. Lessons can be scheduled to accelerate the learning curve of a new swimmer. Once they turn 11 years old, they will be considered for one of the Gold groups.

BRONZE: Our Bronze group consists of swimmers approximately ages 6-9 who can complete 25 yards unassisted in two strokes. During practices, they will complete several 25-yard lengths with adequate rest and/or use of fins and learn correct technique through instruction and drill repetition. The goal of the Bronze group is to learn correct stroke technique in each of the four competitive swimming strokes. Swimmers will also learn starts, turns, and group swim etiquette for competitive swimming. The emphasis of this group is to learn and have fun. Kids will enjoy swimming as it becomes easier, and they can swim longer with greater ease.

SILVER 2: The Silver 2 group is for swimmers approximately ages 8-10 who can swim all four strokes legally for 25-50 yards. They can also demonstrate a learning knowledge of legal turns and start from a starting block and have the goal of reaching “B” time standards. The goal of both Silver groups is proper technique and learning to race. We expect swimmers to compete in at least one swimming meet each season. Kids will progress to the next level when their technique and fitness level improves. Swimmers will be taught the importance of detail in the sport of swimming without losing the balance of hard efforts and fun. We want the kids to enjoy swimming as they learn.

SILVER 1: The Silver 1 group is for swimmers approximately ages 9-10. They can swim all four strokes legally for 50-100 yards, can demonstrate legal turns and starts, and have the goal of reaching “B”, “BB”, and “A” time standards. The goal of Silver 1 is technique improvement, using the pace clock during practice, completing more challenging swim sets to gain endurance, and gaining race experience. We expect swimmers to compete in swim meets. Kids will progress to the next level when their technique and fitness level improves. Swimmers will be taught the importance of detail in the sport of swimming without losing the balance of hard efforts and fun.

GOLD 2: Our Gold 2 group is for swimmers approximately ages 11-12 who are working to achieve “B”, “BB” and “A” standard times, and/or STAGS time standards. The goal of Gold 2 is to grow each swimmer’s fitness level and confidence as swimming sets lengthen in duration and intensity. Athletes have goals to race in championship events at the end of each season and/or meet other personal goals. The emphasis for this group is to build strength, knowledge, and technique in each stroke. Swimmers will learn to hold correct form for longer periods making them more successful during longer or faster repeats. Swimmers are taught the importance of detail in swimming without losing the balance of challenging sets and fun during a practice.

GOLD 1: Our Gold 1 group is made primarily of ages 11-12, working to achieve the “BB”, “A” or TAGS time standards. The goal of Gold 1 is to work hard while cultivating your swimmer’s love of swimming. The emphasis in practice is on proper technique, especially when the workout gets hard, and teaching swimmers to race at a high technical level. We believe if swimmers understand the sport, comprehend why the proper technique is important, and learn how to execute race strategies, it will not only help them in the short-term, but also endure the length of their swimming career.

JUNIOR 2: The goal of Junior 2 is for ages 13-14 swimmers to work hard while cultivating a love of competitive swimming. The emphasis in practice is on proper technique, especially when the workout becomes challenging, teaching swimmers to compete at a high technical level. If swimmers understand the sport, comprehend why proper technique is helpful, and understand how to race, it will help them both in the short-term and endure the length of their competitive swimming career.

JUNIOR 1: The Junior 1 group is for swimmers ages 13-14 who are TAGS qualifiers or have at least three 13 - 14 age group “A” times. The purpose of this group is to teach an advanced knowledge of the sport, to help swimmers understand their own swimming, and appreciate the process as they move forward in their swimming careers. Goals for the Junior 1 group consist of becoming a TAGS finalist and achieving Sectionals cuts.

HIGH SCHOOL SKILLS AND SPEED: This is a brand-new group beginning in the fall season of September 2021. This group is for high school aged swimmers looking to supplement their high school training with practices that will be flexible to after school extracurricular activities.

SENIOR 3: Senior 3 is comprised of swimmers 15 years of age and older. Senior 3 athletes come to practice working hard, continue to cultivate a love for swimming, and enhance their knowledge of the details of proper stroke mechanics. Senior 3 will teach swimmers the value of competition and self-improvement, with a goal of achieving ‘A’ times, excelling in high school swimming, and pursuing collegiate swimming. The values of hard work, team unity, and accountability are reinforced every day in Senior 3.

SENIOR 2: Senior 2 is for swimmers 15 years of age and older who have at least three 15 – 16 age group “A” times. These swimmers excel in high school swimming and are looking to get to the next level. Swimmer’s goals include achieving sectional and junior national cuts, as well as swimming in college. The emphasis in practice is on stroke technique, strength in and out of the water, detail focus throughout races, and improving endurance. There is an expected attendance of 80% or higher in the group.

SENIOR 1: Senior 1 consists of swimmers 15 years of age or older with 2 or more Texas Senior Circuit sectional events or at least 1 USA Swimming Futures time. The Senior 1 swimmer maintains a high commitment level by demonstrating the attitudes all ASC swimmers are taught every day. 100% practice attendance is an expectation in this group. A Senior 1 swimmer is a model of what a dedicated student athlete strives to be on their team, LSC, and nationally. Swimmer’s goals include achieving junior nationals and nationals time standards, as well as swimming in college.

College Group: ASC holds a Summer and Christmas training group designed to meet the specific needs of athletes currently competing for a college. This group practices independently with a specific practice and competition schedule. Collegiate swimmers interested in this training opportunity, please email Megan Thompson, megan@austinswimclub.org.

Dry land Training: At Austin Aquatics and Sports Academy (AASA) our goal is to improve physical performance and the well-being of all individuals. We **believe** that every individual can become the best version of themselves through **dedication, attitude, and respect**. We design our training programs to promote injury prevention and improve athletic performance by applying research-based knowledge, tailoring to their specific groups' needs, working around injuries, and creating positive relationships. At AASA we create an environment where everyone feels welcomed, valued, motivated and safe.

Monthly Fees

Austin Swim Club's yearly registration runs from September 1 through August 31.

Austin Swim Club training fees are billed monthly. The amount of the monthly fees that an athlete will be charged is based on the training group that the athlete is placed into by the Austin Swim Club coaching staff.

If a swimmer moves to a different practice group, they will begin paying the new group monthly rate from first day of the first full month that the athlete moves into the new group through the remainder of the swim year.

For athletes that are current members of Austin Swim Club or athletes that join Austin Swim Club prior to September 1, the first monthly payment is due at the beginning of the swim year on September 1. If the athlete joins Austin Swim Club after September 1, the first monthly payment is due on the date that the athlete joins Austin Swim Club. **Athletes must pay for the entire month of the month that they join Austin Swim Club from the 1st day of the month through the 15th day of the month. Half of the monthly dues will be charged for swimmers after the 16th of the month through the last day of the month, without regard to**

the number of days in the initial month that the athlete trains with Austin Swim Club. Monthly Rates will not be prorated other than stated above for any reason. All regular monthly payments are due on the first of the month and will be charged to the account's credit card.

All accounts must have an active credit card on file, with Austin Swim Club while the account member/s are training at Austin Swim Club.

ASC Groups and Monthly Fees

- Bronze - Tier 1: 3 weekly swim sessions - \$140 per month
- Silver 2 - Tier 2: 3 weekly swim sessions - \$140 per month
- Silver 1 - Tier 3: 4 weekly swim sessions - \$180 per month
- Gold 2 - Tier 4: 5 weekly swim sessions, One, 30-minute dry land session led by certified strength and conditioning coach - \$215 per month
- Gold 1 - Tier 5: 5 weekly swim sessions, Two, 30-minute dry land sessions led by certified strength and conditioning coach - \$235 per month
- Junior 2 - Tier 5: 5 weekly swim sessions, Two, 30-minute dry land sessions led by certified strength and conditioning coach - \$235 per month

- Junior 1 - Tier 7: 6 weekly swim sessions, Two, 45-minute dry land sessions, and One, 30-minute session, led by certified strength and conditioning coach - \$305 per month
- High School Skills & Speed – 3 weekly swim sessions, September – March, and 4 weekly swim sessions a week - March – August - \$175
- Senior 3 - Tier 6: 5 weekly swim sessions, Three, 30-minute dry land sessions, led by certified strength and conditioning coach - \$255 per month
- Senior 2 - Tier 8: 7 weekly swim sessions, Two, 1-hour dry land sessions, led by certified strength and conditioning coach - \$325 per month
- Senior 1 - Tier 9: 8 weekly swim sessions, Three, 1-hour dry land sessions, led by certified strength and conditioning coach - \$365 per month

College Swimmer Fees

College swimmers wishing to train with ASC over the holidays and in the summer, please email Megan Thompson, megan@austinswimclub.org to inquire. Account must be set up through AASA Mind & Body.

\$300 Summer for 9 practices a week and up to 3 dry lands

\$240 Nine (9) practices a week, **no dry land**

\$200 for 6 practices or less a week, **no dry land**

\$100 USA Swimming Registration Fee (if not current)

\$75 Christmas Break/Summer Break; one week

\$125 Christmas Break; two weeks

\$75 to train over Spring Break.

Unattached Swimmer Fees

Any swimmer who wishes to train with Austin Swim Club must have approval. Please email Megan Thompson at megan@austinswimclub.org to inquire.

Price per month for each month the unattached swimmer trains with Austin Swim Club is dependent on which group the swimmer trains with. We do not prorate the monthly fee.

\$75 Registration Fee

\$100 USA Swimming Registration Fee (if not current)