



# Gold Group



Gold is the top group in our Age Group track. When joining Gold, athletes should be able to compete in all four strokes, maintain a positive attitude toward training, be familiar with intervals and pacing, bilateral breathing, and maintain good attendance at practice and meets.

### Required Equipment:

- Goggles
- Swimsuit
- Cap
- Kickboard
- Pull buoy
- Snorkel
- Fins
- Paddles
- Tempo Trainer
- Tennis Shoes
- Athletic clothing for dryland
- Water bottle

NORMAL PRACTICE SCHEDULE 8/16/21 – 12/17/21					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 – 8:30PM	7:00 – 8:30PM	6:30 – 8:30PM	7:00 – 8:30PM	7:00 – 8:30PM	9:00 – 12:00PM

\* Schedules are subject to change based on pool availability. Please consult the team calendar and weekly newsletter for the most up-to-date schedule.

### Group Goal:

Gold Group is a continuation of our investment in well-rounded swimmers. We emphasize IM as well as high endurance aerobic based training. This group provides an opportunity for our swimmers to build the competitive mindset while developing their endurance and aerobic capacity. This group focuses heavily on technique driving home the importance of swimming correctly to build speed. The dryland workouts at the gold level are mostly based in developing flexibility, mobility, range of motion, and injury prevention while introducing weight training. Gold Athletes are expected to attend all home meets as well as 75% of away meets.

### Practice Expectations:

Gold Athletes are expected to maintain above 80% attendance throughout the season. As we will be implementing a more robust Warm Up To Swim, timeliness will be crucial to athlete success.

### Required Meets:

Round Rock (9/24/21 – 9/26/21)

TXLA Fall Kick Off (TBA)

Belton Fall Classic (11/12/21 – 11/14/21)

Arena Southern Slam (1/7/22 – 1/9/22)

LSC/USA Championship Meets (TBA)