

WAVE Group Descriptions

The group standards will continue to evolve over the next few years to help solidify the best curriculum for swimmer progression. All groups require the swimmer to:

- *have respect for the culture, coach and teammates.
- *have and exercise active listening skills
- *have self-discipline to behave independent away from parent
- *demonstrate / maintain skills of current group and lower level groups
- *participate in highest level swim meet of which they are qualified (at minimum for group standards championship)
- *swimmers participating in a prelims-finals type swim meet are **expected** to participate in any qualified finals (including relays). *These meets will be noted on the website with additional reminders.*
- *signed swimmer code of conduct
- *understood parent / family commitment

The group categories are:

- *Intro
- *Age Group
- *Senior

Intro Program

The INTRO Program is primarily geared toward Elementary Aged swimmers. The INTRO GROUPS are an introduction to the WAVE and year-round competitive swimming.

The INTRO GROUPS are designed to teach basic mechanics of competitive swimming strokes. These groups offer a great transition from swim lessons to more independent swimming. Attendance to our Developmental Program is 2 –3 practices / week. *Saturday practices (if available) are posted on the team website.*

Intro Bronze - 3 practices per week @ 45 minutes per practice

Recommended - 2 practices per week + 1 meet per season - working toward USA Swimming – IMReady score

- Entry level group
- Swimmer must be able to swim a 25 yard freestyle & 25 yard backstroke unassisted, and have some knowledge of breaststroke & butterfly.
- Group focus is on stroke & technique instruction, including refinement of freestyle & backstroke, introduction to butterfly & breaststroke, streamline, and lane etiquette.
- Emphasis on FUN!
- Working towards USA Swimming IM-Ready score (50 Fly / 50 Back / 50 Brst / 100 Free and 100 IM).

Intro Silver - 3 practices per week @ 1 hour per practice

Recommended - 2 practices a week + 1 meet every 2 months

- Swimmer must be able to demonstrate a legal 25 of each stroke.
- Training will focus on the mastery of all 4 strokes, racing starts, turns, finishes, interval training, and clock reading.
- Swimmers will learn and utilize team drills
- Swimmers will be working toward the USA Swimming IM-Ready score as: (50 Fly / 50 Back / 50 Brst / 100 Free & 100 IM)

Intro Gold - 5 practices per week @ 1 hour 15 minutes per practice

Required - 3 practices a week + 1 meet per month IMX scores (refresh each season short course / long course)

- Coach's invitation based on training ability & meet performance is required to join this group.
- This group is designed to prepare the elite 10& Under swimmer to compete and score at Championship
- level meets including STAGS & TAGS.
- Swimmers of this group will compete at the highest level of which they are qualified (including championship levels and sessions such as: finals and relays).
- Swimmers of this group are expected to swim prelims and finals of any Prelims /Finals swim meet.
- Focus is on stroke technique refinement through kicking & drilling, developing race strategy,
- introduction to endurance training by utilizing more interval training sets, and complex clock reading skills (getting personal pace times)
- Ability to demonstrate team drills

Age Group Program

The AGE GROUP PROGRAM is geared more toward development of our middle school age swimmers. The AGE GROUP programs are designed to utilize proper technique in a training / aerobic environment. The AGE GROUP Program will teach key fitness concepts including heart rate and basic nutrition. The AGE GROUP Program will also continue to utilize proper dry-land / stretching exercises to increase participant athleticism. Participants of the AGE GROUP Program may also be involved with other sports programs (either school or community).

Attendance to our AGE GROUP Program is 4—5 practices per week.

Age Group Bronze - 6 practices per week @ 1 ½ hours per practice

Recommended - 3 practices per week + 1 meet every two months - Swimmers should be able to achieve a USA Swimming IM-Ready score (for their age group) and will be working towards WAVE 'IM TOUGH' Standards: which include: (100s of each stroke + 200IM + 200Fr)

- Instructional group for the developing age group swimmer
- Swimmers must be able to demonstrate a legal 50 of each stroke and a 100 yard freestyle with flip turns.
- Group focus is on development & refinement of all four strokes through team drills. Introduction to training through interval sets, COMPLEX clock reading skills (including: send offs and holding pace), & lane etiquette.
- All swimmers in this group should know their best times in each event.
- • **Introduction to dryland program - strengthening of core muscles and increased awareness to body movements and proprioception.**

Age Group Silver - 6 practices per week @ 1 ½ hours per practice

Required - 3 practices per week + 1 meet every two months - IMTOUGH

WAVE IM-Tough Standards (100s of each stroke+200IM +200Fr)

- Swimmer must be able to complete a legal 100 of each stroke, 200 IM, 200 Free, and 500 Free with proper racing turns to be eligible for this group.
- Group focus is on stroke technique & developing endurance. Increased focus on repeat interval sets & race pace training.
- Development of racing strategy for middle distance strokes & distance Freestyle events.
- Goal meets include JR STAGS & STAGS
- All swimmers in this group should know their best times in each event.
- **Dryland Requirements (introduced in Age Group Bronze)**
 - 30 Sec Hollow Hold
 - 30 Sec Plank
 - 20 Push ups less than 1 minute
 - 1 minute of proper crunches (shoulder blades up)
 - 15 proper squat mechanics
 - 5x Cross over bird-dog (no loss of balance)
 - At least 10 Burpees per minute

Age Group Gold - 6-8 practices per week @ 1 hour 45 minutes per practice

Required - 4 practices a week + 1 meet per month + Refresh IMX Scores each Season (short course & long course)

Saturday practices are highly encouraged to challenge other teammates from other sites and work specifics. AM practices are offered for this group (typically Wed & Fri)

- Coach's invitation based on proven work ethic & meet performance is required to join this group.
- This group is designed to prepare swimmers to compete and final at STAGS & TAGS
- Group focus is on stroke technique & increased endurance training. Refining race strategy, starts, turns, & finishes. High intensity & faster interval training sets, increased training distance, and introduction to doubles at the coach's recommendation.
- Swimmers of this group will compete at the highest level of which they are qualified.
- Swimmers are expected to swim prelims and finals of any P/F meet.
- Swimmers are required to attend Finals of any P/F meet they attend, (even if not qualified).
- All swimmers in this group should know their best times in each event.
- **Dryland Requirements**
 - 45 second hollow hold

- 45 sec plank
- 30 Push ups less than 1 minute
- 1 minute seconds of proper crunches (shoulder blades up)
- 20 proper squat mechanics (introduction to medball)
- 10x Cross over bird-dog (no loss of balance)
- At least 10 Burpees per minute

Senior Program

The SENIOR groups are designed to pursue swimmer's specific goals. Swimmers in the SENIOR Program are striving to qualify for travel championship level meets. Swimmers of the SENIOR program will continue to utilize dryland training. The dryland program will become more intensive while using preventative work. Swimmers in the SENIOR Program are expected to exhibit good sportsmanship, dedication to improvement, team work, time management, goal setting and volunteerism. Attendance to our SENIOR program is 5-8 practices / week (some 2 practices /day) unless SENIOR BRONZE.

Senior Bronze - 5 practices per week @ 1 ½ per practice

Recommended 2 meets per season. IM-TOUGH requirements should be met through the year.

- Entry level senior group designed for developing high school aged swimmers,
- Swimmers in the BRONZE group may have a focus as a supplement their high school swim training, or athletes cross training for other sports.
- Group focus is on continued development of proper stroke technique, increased aerobic training while developing individual race strategies.
- COMPLEX clock reading skills (including: send offs and holding pace)
- All swimmers in this group should know their best times in each event.
- Target championship swim meet will be JR STAGS
- Dryland Requirements
 - 30 Push ups less than 1 minute
 - 1 minute of proper crunches (shoulder blades up)
 - 1 minute plank
 - 15 proper squat mechanics
 - 8x Cross over bird-dog (no loss of balance)
 - At least 10 Burpees per minute

Senior Silver - 6-9 practices per week @ 1 ½-1 hour 45 minutes per practice

Recommended at least 1 meet every 2 months of each season. IMX score required through the year

- Group focus is on continued development of proper stroke technique, increased aerobic training and developing race strategy.
- Swimmers of this group will compete at the highest level of which they are qualified.
- Swimmers are expected to swim prelims and finals of any Prelims/Finals type swim meet.
- Swimmers are required to attend Finals session of any Prelims/ Finals type swim meet they attend, (even if not qualified) (Prelims / Finals or Prelims / Practice) – swimmers need to become familiar of the demands needed to perform at Finals as they learn to qualify for that level.
- Target swim meet is STAGS
- All swimmers in this group should know their best times in each event.
- Dryland Requirements
 - 35 Push ups less than 1 minute
 - 90 seconds of proper crunches (shoulder blades up)
 - 50 seconds plank and hollow-body hold
 - 25 proper squat mechanics (possibly with medball + extension)
 - 12x Cross over bird-dog (no loss of balance)
 - At least 12 Burpees per minute

Senior Gold - 6-9 practices per week @ 1 ½-2 hours per practice

Recommended 1 meet per month / each season. IMX score refreshed each year

- Coach's invitation based on proven work ethic & meet performance is required to join this group.
- Swimmers in this group must be intrinsically motivated to train at a high level. Increased distances &

- intensity level during workouts. Doubles are offered throughout the year, and a challenging dry-land program is implemented.
- Group is designed for the swimmer who is training to obtain Sectionals & Junior National qualifying times.
- Swimmers of this group will compete at the highest level of which they are qualified.
- Swimmers are expected to swim prelims and finals of any Prelims/Finals type swim meet.
- Swimmers are required to attend Finals session of any Prelims/ Finals type swim meet they attend, (even if not qualified) (Prelims / Finals or Prelims / Practice) – swimmers need to become familiar of the demands needed to perform at Finals as they learn to qualify for that level.
- All swimmers in this group should know their best times in each event.
- Dryland Requirements
 - 40 Push ups less than 1 minute
 - 90 seconds of proper crunches (shoulder blades up)
 - 50 seconds plank & hollow-body hold
 - 40 proper squat mechanics (possibly with medball + extension)
 - 15x Cross over bird-dog (no loss of balance)
 - At least 15 Burpees per minute