

WAVE Training Groups

2020-2021 Season

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
- *signed swimmer code of conduct

The basic group descriptions are:

- *Developmental
- *Training
- *Competitive

Developmental Groups

The Developmental groups are designed to teach basic mechanics of competitive swimming strokes, and basics. These groups offer a great transition from swim lessons to more independent swimming. Attendance to our Developmental Program is normally 2 –3 practices / week. **Developmental BRONZE, SILVER and GOLD**

DEVELOPMENTAL BRONZE - (typical ages 6—8)

Requirements: Swim 2 x 25 yards / meters (unassisted one on stomach and one on back)

Summer league experience preferred (not required)

Practices offered: 2 practices per week *40 minutes*

Participation in a minimum of 1-3 meets per year. (can include Developmental Meets)

DEVELOPMENTAL BRONZE will focus on learning the basic mechanics of 3 of the competitive strokes (Free / Back & Fly), through the use of drills and games. Learn the rules and procedures for a group / team practice. The DEVELOPMENTAL BRONZE group may register for selected swim meets on the meet calendar. Their primary competitive distances include 25—50 yards. Competitive starts will be performed from the side.

DEVELOPMENTAL SILVER - (typical ages 6—10)

Requirements: Swim 25 yards free & back, swim at least 25 yards of fly. Perform circle swim with the group during practice. Demonstrate Free or Backstroke open turns.

Summer league experience preferred (but not required). Learn to read the pace clock and proper send offs from the walls.

Practices offered: 2 practices per week - 50 mins

Participation in a minimum of 3-4 meets per year (can include Developmental Meets)

DEVELOPMENTAL SILVER participants will focus on continued learning of proper swimming technique. Adding Brst swimming technique to complete the 4 competitive strokes. The DEVELOPMENTAL SILVER group may register for selected swim meets on the meet calendar. Their primary competitive distances include 25, 50 and possibly 100 freestyle. There will be at least 4 swim meets in the San Antonio Area. Competitive starts will be performed from the side.

DEVELOPMENTAL GOLD (typical ages 8—10)

Requirements: Swim 100 yards Free, 100 Back, 100 IM, 50 Brst or Fly, perform basic turns, circle swim with the group during practice. Demonstrate clock reading skills and understand basic send off intervals.

Practices offered: 3 practices per week (1 hour)

Practices recommended: 2 minimum (per week)

Participation in a minimum of 5-6 meets per year

DEVELOPMENTAL GOLD will continue to progress with their technique. The DEVELOPMENTAL GOLD swimmers may register for selected swim meets on the meet calendar. Their competitive distances include 25, 50 and possibly 100 freestyle, backstroke and IM. Swimmers will learn to perform starts from the block in this group.

Training Groups

The Training groups are designed to utilize proper technique in a training / aerobic environment. The Training Program will teach key fitness concepts including heart rate and basic nutrition. The Training Program will also continue to utilize proper dry-land / stretching exercises to increase participant athleticism. Training group swimmers will demonstrate clock reading skills (calculate intricate send offs and calculate personal times per swim). Participants of the Training Program may also be involved with other sports programs (either school or community). Increase proficiency with selected training equipment. Attendance to our Training Program is 4—5 practices per week. Training group swimmers are expected to attend swim meets. **Training Bronze, Silver Gold and Senior Bronze**

TRAINING GROUP BRONZE - (typical ages 9—12)

Requirements: Swim 100 IM and 100 Freestyle demonstrating controlled breathing and a 50 of all other strokes.

Practices offered: 4 days per week (1 hour) (including 2 days of dryland @ 20 min)

Practices recommended: 3 per week

Participation in meets: 2 meets per season

TRAINING GROUP BRZ swimmers will increase their aerobic fitness level through continued use of proper technique. TRAINING GROUP BRZ will also continue learning concepts and strategies of competitive swimming. Training BRZ will begin using snorkel and tempo trainers. TRAINING GROUP BRZ swimmers are encouraged to register for swim meets on the calendar. Their competitive distances are 50's and 100's of stroke and 200's of freestyle and backstroke.

Sample Training Sets:

4 x 100 Free (10 seconds rest interval) / 3 x 100 IM (10 seconds rest interval)

3 x 100 Free kick (10 seconds rest interval) / 2 x 100 IM kick (10 seconds rest interval)

6 x 50 swim (coach interval - example: - @1:15 = 3xfly+fr or 3xbrst+fr)

TRAINING GROUP SILVER - (typical ages 10—12)

Requirements: 200 freestyle controlled breathing (including in and out of turns). Calculate complex send off intervals. Show proficient use of snorkels and tempo trainers. Swim 100 yards of another stroke other than freestyle (or backstroke). Perform the 200 IM.

Swimmers should achieve the:

WAVE IM-Tough Standards (200 Free +200IM + 100 Back & 100 Brst or Fly)

Practices offered: 5 days per week (1 hour: 15mins) (including 2 days of dryland @ 30min)

Practices recommended: 3 practices per week

Participation in meets: 1 per month (sanctioned preferred)

TRAINING GROUP SILVER swimmers will increase their aerobic training. TRAINING GROUP SILVER swimmers are expected to work with coaches to develop, outline and achieve goals. (swimming, dry-land and academics). TRAINING GROUP SILVER swimmers will continue learning concepts and strategies of competitive swimming. TRAINING GROUP SILVER swimmers are encouraged to register for swim meets on the calendar. Their competitive distances include 50's, 100's, 200's and the 500 Freestyle.

Sample training test sets:

3 x 200 Free (rest 20 seconds)

4 x 100 Free @ 1:45

4 x 100 IM @ 2:15

6 x 100 Free kick @ 2:40 (hold under 2:15 mins)

4 x 100 IM kick @ 2:40 (hold under 2:20 mins)

2x (4 x 50 @1:15 swim) (4 x fly and 4 x breaststroke)

Dryland (all with proper technique):

20 Push ups less than 1 minute

1 minute of proper crunches (shoulder blades up)

30 seconds plank & hollow-body holds (no loss of technique)

30 proper squat mechanics

10x Crossover bird-dog (no loss of balance)

At least 10 Burpees per minute

TRAINING GROUP GOLD – (typical ages 12 – 14)

Requirements: GOLD swimmers will begin to make the transition from training into the competitive stages of our sport. The competitive stages include better more individualized race strategies. Swimmers of the Training Gold group will demonstrate a mastery of additional training equipment (such as snorkel and tempo trainers).

Requirements: Swim 500 Freestyle (using controlled breathing pattern, including in and out of turns). Swim 200 IM, swim a 100 of all 4 competitive strokes.

TR-GOLD swimmers should have a strong IMX score (for their age group)

Swimmers should have all events for the 13 – 14 IMX Score

Practices offered: 5 days per week (1.5 hours) + (Monday - Thursday + Saturday)

Practices recommended: 3-4 per week (including Saturday)

Participation in meets: 1 meet per month

Sample Training sets:

8 x 100 Free @ 1:35

5 x 300 Free Swim @ 4:50

4 x 200 IM @ 3:15

8 x 50 IM Order Swim @ 0.55

8 x 25 Kick @ 35 (25 sec. or faster)

Dryland (all with proper technique):

30 Push ups less than 1 minute

1 minute seconds of proper crunches (shoulder blades up)
45 second plank & hollow-body holds (no loss of technique)
30 proper squat mechanics (15 with med-ball / 15 without med-ball)
15x Cross over bird-dog (no loss of balance)
At least 12 Burpees per minute

SENIOR BRONZE - (typical ages 12 – 16)

Requirements: SENIOR BRONZE swimmers are typically 13 - 15 new to swimming
Requirements: Swim 200 Freestyle (breathing every 3 strokes), swim 200 IM, swim a 50 of at least 2 non-freestyle strokes. Practices offered: 5 days per week (1.5 hours)
Practices recommended: 3 minimum
Participation in meets: at least 2 per season

Sample Training capabilities (or working toward in the group):

4 x 100 Free @ 2:30
3 x 100 IM (15 seconds rest interval)
4 x 50 Free kick @ 1:15
2 x 50 Fly (kick / swim) @1:15
2 x 50 Breast (kick / swim) @ 1:15

Dryland (all with proper technique):

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

Competitive Groups

The Competitive groups are designed to pursue swimmer's specific goals. Swimmers in the Competitive Program are striving to qualify for Championship level meets. Swimmers in the Competitive Program are expected to exhibit good sportsmanship, dedication to improvement, team work, time management, goal setting and volunteerism. Attendance to our Competitive program is normally 5-8 practices / week (some 2 practices /day)

Senior SILVER & GOLD ([click here to see required equipment](#))

SENIOR SILVER - (typical ages 13 & up)

Requirements: Swim 500 Freestyle (using controlled breathing - including in and out of turns) & at least 6 meters underwaters and breakouts, swim 400 IM, swim a 100 of all 4 competitive strokes.

Practices offered: 8 opportunities (5x evenings / 1x Saturday / 2x morning)
Practices recommended: 3x evenings / 1x Saturday / 1x Morning
Participation in meets: 1 per month

SAMPLE TRAINING SETS:

10 x 100 Free @ 1:25
5 x 300 Free Swim @ 4:30
4 x 200 IM @ 3:05
8 x 50 IM Order Swim @ 0.48
8 x 25 Kick @ 30 (25 sec. or faster)

Dryland (all with proper technique):

35 Push ups less than 1 minute
90 seconds of proper crunches (shoulder blades up)
50 seconds plank and hollow-body hold
30 proper squat mechanics (20 x with med-ball + extension)
12x Cross over bird-dog (no loss of balance)
At least 12 Burpees per minute

SENIOR GOLD - (typical ages 13 & UP)

Requirements: Swim 500 Freestyle (controlled breathing - including in and out of turns) & at least 6m underwaters and breakouts. Race the 200 Freestyle and two other non-freestyle stroke. Swim a 400 IM.

Practices offered: 8 opportunities (5x evenings / 1x Saturday / 2x morning)
Practices recommended: 4+ evening / 1x Saturday / 2x morning
Participation in meets: 1 per month

SR GOLD swimmers are EXPECTED to compete at the highest level of competition of which they qualify, (including prelims, finals, relays). Attending a prelims finals meet at this level is to be prepared to swim twice in the session. Either Prelims / Finals or Prelims / Practice.

SAMPLE TRAINING SETS:

10 x 100 Free swim @ 1:15

4 x 500 Free swim @ 7:00 (holding 6:30 girls / 6:00 boys)

6 x 200 IM @ 2:50

8 x 50 IM ORDER @ 45

10 x 25 Kick @ 25 (20 seconds or faster)

16 x 100 Kick (10 x free / 6 x choice) @ 1:40

Dryland:

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 (20x with med-ball + extension)

15x Cross over bird-dog (no loss of balance)

At least 15 Burpees per minute