



TEAM GROUP DESCRIPTIONS

COPPER (2 practices/week @ 30 minutes/practice) - Maximum of 8 swimmers per group

- Seasonal Entry group only provided from September – March
- **Entrance Requirement:** A comfortable and USA Swimming legal, 25-yard swim of both freestyle (with rotary breathing) AND backstroke
- **Focus** is on stroke mechanics and technique, developing breaststroke, streamlining, lane etiquette (circle swimming), and competitive starts
- Equipment – fins, kickboard, and a water bottle
- **Advancement to Bronze Group:** *Completion of a USA Swimming legal 25-yard swim of breaststroke*
- *Participation in meets is strongly encouraged*

BRONZE (4 practices/week @ 40 minutes/practice)

- Entry-level / Light Competitive group
- **Entrance Requirement:** A comfortable and USA Swimming legal 25 of freestyle (with rotary breathing), backstroke, and breaststroke
- **Focus** is on stroke mechanics and technique, developing butterfly, racing starts from the blocks, and competitive turns
- **Advancement to Silver Group:** *Completion of a USA Swimming legal 25-yard swim of all four competitive strokes*
- Equipment – Fins, kickboard, and a water bottle
- A minimum of 2-3 practices per week is expected for proper swimmer growth
- *Participation in at least 2 meets (with ONE being a Champs level meet) is strongly encouraged*

SILVER (5 practices/week @ 1 hour/practice)

- Entry-level Light Training and Competitive group
- **Entrance Requirement:** A comfortable and USA Swimming legal 25-yard swim of all four competitive strokes
- **Focus** is on stroke mechanics and technique, competitive turns and IM transitions, competitive starts, the IMR / IMX events posted by USA Swimming, building toward legal 50 of each stroke and a 100 IM
- Basic interval training is taught and light level of dryland activities is incorporated for balance, coordination, and overall athletic development
- **Advancement to Silver Plus Group:** *A comfortable and USA Swimming legal 50 of all four competitive strokes and a 100 IM, competitive start from the starting blocks, competitive turns, and adequate completion of exit level test sets determined by the coaching staff for proper adjustment into the Silver Plus group*
- Equipment – fins, kickboard, and a water bottle
- A minimum of 3 practices per week is expected for proper swimmer growth
- *Participation in at least 4 meets (with TWO being Champs level meets) is strongly encouraged*

Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership

SILVER Plus (5 practices/week @ 1 hour 10 minutes/practice)

- Light Training and Competitive group
- **Entrance Requirement:** A comfortable and USA Swimming legal 50 of all four competitive strokes, a 100 IM, and knowledge of competitive starts, turns, and IM transitions
- **Focus** is on stroke mechanics and technique, starts, turns, the IMR / IMX events posted by USA Swimming, and building toward a legal 100 of each stroke and 200 IM
- Interval training is taught, and light level of dryland activities is incorporated for balance, coordination, and overall athletic development
- **Advancement to Gold Group:** *A comfortable and USA Swimming legal 100 of all four competitive strokes and 200 IM, competitive start from the starting blocks, competitive turns, IM transitions, and adequate completion of exit level test sets determined by the coaching staff for proper adjustment into the Gold group. IMX or IMR score of 1500 minimum requirement.*
- Equipment – fins, kickboard, and a water bottle
- A minimum of 3-4 practices per week is expected for proper swimmer growth
- *Participation in at least 4 meets (with TWO being Champs level meets) is strongly encouraged*

GOLD (5 practices/week @ 1 hour 20 minutes/practice)

- Moderate Training and Goal Setting Competitive group
- **Entrance Requirement:** USA Swimming legal 100 of all four competitive strokes, 200 IM, and competitive starts, turns, and IM transitions
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, completing all age available events, and a legal 200 of all four strokes
- Advanced interval training, introduction of aerobic conditioning, and a high emphasis on all-around stroke development is the focus of each practice.
- Moderate level of dryland training is incorporated for general strength building, flexibility, balance, coordination, and overall athletic development
- Goal meet qualification is Gulf Age Group Champs
- **Advancement to Gold Plus Group:** *A legal 200 of all four competitive strokes and adequate completion of exit level test sets determined by the coaching staff for proper adjustment into the Gold Plus group*
- Equipment – fins, kickboard, and water bottle
- Monthly attendance expectation of 60-75% for proper swimmer growth
- *FULL meet participation is expected (with emphasis on all Champs level meets)*

GOLD Plus (5 practices/week @ 1 hour 30 minutes/practice)

- Slightly Advanced Training and Goal Setting Competitive group
- **Entrance Requirement:** USA Swimming legal 200 of all four competitive strokes, 200 IM, and competitive starts, turns and IM transitions
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, completing all age available events, 500 free, and 400 IM
- Complex interval training, increased aerobic conditioning, and a high emphasis on all-around stroke development is the focus of each practice.
- Double practices are optional/introduced during the summer. Saturday practices are introduced after the halfway point in the season.
- Moderate level of dryland training is incorporated for general strength building, flexibility, balance, coordination, and overall athletic development
- Goal meet qualifications are Gulf Age Group Champs and TAGS
- **Advancement to Next Group:** *A legal 200 of all four competitive strokes, 400 IM, 500 free, and adequate completion of exit level test sets determined by the coaching staff for proper adjustment into the Platinum group. IMX or IMR score of 1500 minimum requirement.*
- Equipment – fins, kickboard, and water bottle
- Monthly attendance expectation of 70-80% for proper swimmer growth
- *FULL meet participation is expected (with emphasis on all Champs level meets)*

Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership

PLATINUM (5-6 practices/week @ 1 hour 40 minutes hours/practice)

- Advanced Training and Goal Setting Competitive group; **minimum entrance age of 9**
- **Entrance Requirement:** A legal 200 of all four competitive strokes, 400 IM, and a 500 free
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, and completing all age available events multiple times per season
- High level of training, work ethic, and maturity; focus of each practice is advanced stroke development, intense kicking work, and heightened aerobic conditioning
- Hard drylands are integrated into training for general strength building, flexibility, balance, coordination, and overall athletic development
- Goal meet qualifications are Gulf Age Group Champs and TAGS
- Saturday workouts are strongly encouraged, double practices optional when offered (athlete age considered)
- **Advancement to Platinum Plus Group:** *Proficient strategic execution of racing strategies, completion of all age group events in competition, consistently attending and training at a high level, and adequate completion of exit level test sets determined by the coaching staff for proper adjustment into Platinum Plus or Senior groups*
- Equipment – fins, kickboard, paddles, and a water bottle
- Monthly attendance expectation of 75-85% for proper swimmer growth and development
- *FULL meet participation is expected (with emphasis on all Champs level meets)*

PLATINUM Plus (5-8 practices/week @ 1 hour 50 minutes hours/practice)

- Advanced and Complex Training and Goal Setting Competitive group; **minimum entrance age of 11**
- **Entrance Requirement:** A legal 200 of all four competitive strokes, 400 IM, and a 500 free
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, and completing all age available events multiple times per season
- High level of training, work ethic, and maturity; focus of each practice is advanced stroke development, intense kicking work, and heightened aerobic conditioning
- Hard drylands are integrated into training for general strength building, flexibility, balance, coordination, and overall athletic development
- Goal meet qualifications are Gulf Age Group Champs and TAGS
- Double practices and Saturday workouts are strongly encouraged (athlete age considered)
- **Advancement to Junior Elite or Senior Group:** *Proficient strategic execution of racing strategies, completion of all age group events in competition, consistently attending and training at a high level, and adequate completion of exit level test sets determined by the coaching staff for proper adjustment into Junior Elite or Senior groups. IMX score of 2500 minimum required to move into Junior Elite group.*
- Equipment – fins, kickboard, paddles, and a water bottle
- Monthly attendance expectation of 75-85% for proper swimmer growth and development
- *FULL meet participation is expected (with emphasis on all Champs level meets)*

JUNIOR ELITE (6-8 practices/week @ 2 hours/practice)

- PACK's Elite Age Group Training and Goal Setting Competitive group; **minimum age of 11**
- **Entrance Requirement:** Head Age Group Coach approval and current coach recommendation, high practice attendance percentage, full meet participation, all age available events completed, strong training/work ethic, and *internal SWIMMER-driven motivation*
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, and completing all age available events multiple times per season
- Heavy drylands are integrated into training for general strength building, flexibility, balance, coordination, and overall athletic development
- Preparation group for the Pre-National Elite group
- No summer league participation for any Junior Elite athlete who has graduated from 7th grade
- Goal meet qualifications are Gulf Champs, TAGS, Sectionals, and Junior Nationals
- Double practices and Saturday workouts are expected (athlete age considered)
- **Advancement to Senior or Pre-National Elite Group:** *Graduation from 8th grade, as well as IMX score minimum of 2500.*
- Equipment – fins, kickboard, paddles, and a water bottle
- Monthly attendance expectation of 75-90% for proper swimmer growth and development
- *FULL meet and team participation are expected (with emphasis on all Champs level meets)*

Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership

SENIOR (5-8 practices/week @ 1.75 hours/practice)

- Base Level Senior (high school) training and competition group
- **Entrance Requirement:** A legal 100 of all four competitive strokes, 200 IM, and a 500 free. Swimmers may only enter this group AFTER their 8th grade year
- High level of training, work ethic, and maturity; practices focus on advanced stroke development, increase in aerobic capacity, and race strategy & execution.
- Goal meets are Gulf age-specific Champs
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, and completing all age available events multiple times per season
- Double practices and Saturday workouts are strongly encouraged when offered
- Heavy drylands are integrated into training for general strength building, fitness, and flexibility
- **Advancement to Pre-National Elite Group:** *Training attendance, meet performance, display *internal SWIMMER-driven motivation*, Head Coach approval and current coach recommendation. IMX score minimum of 2500 required.*
- Equipment – fins, kickboard, paddles, pull buoy, and a water bottle
- Monthly attendance expectation of 75-90%
- *FULL meet participation is expected (with emphasis on all Champs level meets)*

PRE-NATIONAL ELITE (8-10 practices/week @ 2 hour/practice)

- Senior Elite Training and Performance group
- **Entrance Requirement:** Based on Head Coach approval, current coach recommendation, present group attendance, test set performance, work ethic, and *internal SWIMMER-driven motivation and personal responsibility*. Swimmers may only enter this group AFTER their 8th grade year
- No summer league participation
- All age available events are swum multiple times throughout season
- Supervised by certified strength and conditioning instructors, athletes are introduced to weights
- Goal meets are Gulf age-specific Champs, TAGS, and Sectionals
- Members are expected to be at all team functions
- Training, nutrition, recovery, and team responsibility are athlete's primary focus
- **Advancement to Pre-National Elite Plus Group:** Based on Head Coach approval, current coach recommendation, present group attendance, test set performance, work ethic, and internal SWIMMER-driven motivation and personal responsibility. Entry criteria is the following:
 - Must achieve at least 1 Sectional Bonus cut OR 3 USA Swimming Motivational 'AA' cuts for age group. 14&Under swimmers must achieve 15-16 'AA' cuts. In addition, a swimmer must have spent at least one FULL season in the Pre-National Elite group. If BOTH of these requirements are met, swimmer is eligible for Pre-National Elite Plus.
 - Swimmers who achieve a Sectional or NCSA Junior cut while in the Junior Elite group or during the summer after their 8th grade year will be eligible for move-up into the Pre-National Elite Plus group at the start of the fall SCY season when they start 9th grade.
 - All swimmers in the Pre-National Elite group who are going into 12th grade will be eligible to move into the Pre-National Elite Plus group starting in the fall SCY season.
- Equipment – fins, kickboard, paddles, pull buoy, snorkel, short fins, tempo trainer, and a water bottle
- Monthly attendance requirement of 80-90%
- *FULL meet and team participation are expected (with emphasis on all Champs level meets)*

Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership

PRE-NATIONAL ELITE PLUS (8-10 practices/week @ 2-2.5 hours/practice)

- Senior Elite Training and Performance group.
- Will train at the same time and location as National Elite group under the direct supervision of the Head Coach.
- No summer league participation
- All age available events are swum multiple times throughout season
- Supervised by certified strength and conditioning instructors, athletes are introduced to weights
- Goal meets are Gulf age-specific Champs, TAGS, and Sectionals
- Members are expected to be at all team functions
- Training, nutrition, recovery, and team responsibility are athlete's primary focus
- Advancement to National Elite Group:
 - 2 Sectional swims OR 1 Junior National cut
 - Must spend one FULL season in Pre-National Elite Plus group before being considered to move-up
 - Must display a high level of dedication to the team, the sport, and themselves. Must have high attendance, exemplary performance at competition, and clear examples of internal commitment
- Equipment – fins, kickboard, paddles, pull buoy, snorkel, short fins, tempo trainer, and a water bottle
- Monthly attendance requirement of 90+%
- *FULL meet and team participation are expected (with emphasis on all Champs level meets)*

NATIONAL ELITE (8-10 practices/week @ 2-3 hours/practice)

- The Premier Training and Performance group of Premier Aquatics
- **Entrance Requirement:** Athlete must have Head Coach approval, have *at least* 2 Sectional swims OR 1 Junior National cut, and display *intense, internal SWIMMER-driven motivation and personal responsibility*
- Swimmers may move into this group if they meet the current performance times AND exceed training expectations of their current group (*typically* this is after the short course season of their 9th grade year)
- Focus on making Junior National, Senior National and Olympic Trials qualifications
- No summer league participation
- Supervised by certified strength and conditioning instructors, complex strength and conditioning with weights is a critical component of training program
- Members are expected to be the leaders of the team in every aspect with participation on at least one PACK committee and attendance at all team functions
- Training, nutrition, recovery, and team responsibility are athlete's primary focus
- Equipment – fins, kickboard, paddles, pull buoy, snorkel, short fins, tempo trainer, and a water bottle
- Monthly attendance requirement of 95+%
- *FULL meet and team participation are expected (with emphasis on all Champs level meets)*

Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership