

## O'NEAL SWIMMING GROUPS

Swim Group	Description	Attendance Recommendation	Requirements to move up to next group
<b>MAKO</b>	Swimmers will refine the four strokes, learn flip turns, starts and all the basic FUNdamentals of swimming. The goal of this group is to teach athletes entering the sport the skills and techniques in a style that is fun and beneficial for long- term growth in the sport.	2 days a week	<ul style="list-style-type: none"> <li>• Understand intervals</li> <li>• All 4 stroke legal as well as starts and turns</li> <li>• Stellar practice and Meet attendance</li> <li>• Attend Saturday Practice</li> <li>• 10x50 free on 1:00</li> <li>• 5x200 doing all flip turns</li> </ul>
<b>SWORDFISH</b>	In this group, technical development of strokes continues while also focuses on endurance and speed	4 days minimum	<ul style="list-style-type: none"> <li>• All 4 stroke legal as well as starts and turns</li> <li>• Stellar practice and Meet attendance</li> <li>• Attend Saturday Practice</li> <li>• 10x50 free on 1:00, 5x200 doing all flipturns</li> </ul>
<b>GREAT WHITE</b>	In this group technical development of strokes continues while also focuses on endurance and speed. As a transitional group into Senior, the focus will be on interval training and developing speed.	5 days minimum	<ul style="list-style-type: none"> <li>• Age is a factor</li> <li>• Able to commit to AM practice twice a week</li> <li>• Committed to 85% practice attendance</li> <li>• 10x50 on :45 10 x 100 free on 1:30</li> <li>• To be invited in Senior group, swimmers must be able willing to commit to morning and evening practice and dryland is REQUIRED</li> </ul>
<b>SENIOR</b>	In Senior group, athletes will continue to progress while also taking ownership of their goals and results. In this group, swimmers will master racing strategies and learn proper performance preparation while continuing to fine tune their technique.	90 % attendance  Dryland is MANDATORY	