

WVA SWIM TEAM: AGE GROUP								
***LEVEL GROUP	AGE RANGE	PRACTICES OFFER (MINIMUM REQUIREMENT)	DURATION	DRYLAND	SWIM FOCUS	DAYS	TIME	LANES
Level 1 & 2- Dolphins/Manta Rays	*8 to 16	5 PRACTICES/WEEK. MIN OF 4 PRACTICES REQUIRED	[PM= 1.0 HOURS]	**NO DRYLAND	40%-60% TECH/60% CONDITIONING	M,T,W,TH,F	4:15-5:15	2-3 lanes max, will vary
Level 1 or 2**No Dryland will be held at this time.								
*Age Range: Is determined by the coaches and Head Coach.								

WVA SWIM TEAM: ADVANCED AGE GROUP/ SENIOR SWIMMERS								
LEVEL GROUP	AGE RANGE	PRACTICES OFFER (MINIMUM REQUIREMENT)	TOTAL DURATION	DRYLAND	SWIM FOCUS	DAYS	TIME	LANES
Level 3 Great Whites	*8 to 16	1 MORNING PRACTICES/ 5 EVENING PRACTICES. MIN OF 6 PRACTICES REQUIRED	[PM= 1.5 HOURS] [AM= 2 hrs] [DRYLAND=45]	**WEIGHTS, TUBING, DYNAMICS STRETCHING, RUNNING, POWER/CORE STABILITY, ALTITUDE TRAINING	25% TECH/ 75% AEROBIC & ANAEROBIC CONDITIONING	PM: M,T,W,TH, F: AM Sat	Swim: 4:30 PM- 6:00PM; ** Sat 6:30am-- 8am; Dryland Mon and Wed 6- 6:45pm	2 to 3 lanes, it will vary.
Level 4 & 5 Blue Whales	*8 to 19	3 MORNING PRACTICES/ 5 EVENING PRACTICES. MIN OF 7 PRACTICES REQUIRED	[PM= 2 HOURS] [AM= 1.5] [DRYLAND=1HR]	**WEIGHTS, TUBING, DYNAMICS STRETCHING, RUNNING, POWER/CORE STABILITY, ALTITUDE TRAINING	15% TECH/85% AEROBIC & ANAEROBIC CONDITIONING	PM: M,T,W,TH, F: AM: Tues and Thursday, Sat	PM: M,T,W,TH, F: 5:30pm- 7:30pm AM: Tues and Thursday @ 5AM-6:30, Sat @ 6:30- 8:30am	4-5 lanes, it will vary

**DRYLAND- Lev 4 & 5 Will be held Monday & Wednesday 4:30-5:15pm- Subject to change

** Level 3- Swimmers will be determined by group coach for Saturday AM Practice

*Age Range: Is determined by the coaches and Head Coach.

- Swimming while in High School is 15.00/Month during High School Swim Season only. This Special fee only holds your swimmers spot on the team and allows them to participate in USA Swimming Meets including any Championship meets as long as they are Registered for the current USA Swimming season. The 15.00/Month doesn't include practice time with WVA. If your swimmer would like to continue to practice with WVA through their High School season, the normal monthly recurring rate will apply instead of the \$15.00 special fee. WVA Swimmers- The choice is yours when it comes to practicing. Whatever your goals are, please take advantage of WVA Practices during your high school season.

GROUP 1	LVL 1	Dolphins	STROKE	YARD	INTERVAL	TOTAL YARDS REQUIRED	Minimum Requirements
Physical 1. From a push maintain a prone streamlined body position, defined as one hand on top of the other, ears between the upper arms, lower body stretched long, and toes pointed. a. Hold this position for at least one and one-half body lengths, and be able to vary the depth of the underwater push-off. b. Introduce underwater kicking skills. 2. Execute a breakout from a push by holding the streamlined position; then initiate a kicking action and progress to the surface of the water with a pull to the surface. 3. Maintain a vertical, stationary position with little or no leg movement in deep water, using a sculling motion. 4. Complete legal freestyle and backstroke technique for one length of the pool using shoulder and hip technique. Freestyle a. Demonstrate the ability to comfortably take a breath on either the right or left side b. For additional freestyle drills see ... Backstroke For additional backstroke drills see ... 5. Stroke progressions. Begin to develop the butterfly and breaststroke. 6. Complete the Racing Start Progression. 7. Perform an open turn, either prone or supine, where the hand touches the wall first, the body rotates to place the feet against the wall, the body drops underwater, and the swimmer pushes off in a streamlined position. Cognitive 1. The swimmer can count strokes of freestyle and backstroke. 2. Athlete should be able to repeat key words as prescribed by the coach to explain/describe movements appropriate to that level.			FREE	50	6 @ 1:45	300	Must be able to complete legally 3 of the stroke sets and kicking set in order to be in this group.
	BACK	50	6 @ 1:45	300			
	FR AND BK KICK	50	6 @ 2:15	300			
	BREAST	25	6 @ 1:00	150			
	FLY	25	6 @ 1:15	150			
Swimmers may not move to the next group without the group coach and head coach approval.							
USA Registration- Required Dive Certification Swim Meet Participation required							
If a swimmer cannot make minimum swim and practice requirements, it will be up to the head coach and group coach whether the swimmers stays or moves down.							
If you are not making the the minimum group standards and practices, you will be asked to sign up with the precomp group which NO USA Registration is required							
There will be no practicing with different groups because of a missed practice.							

GROUP 2	LVL 2	Manta Rays	STROKE	YARD	INTERVAL	TOTAL YARDS REQUIRED	Minimum Requirements
Physical 1. Execute a start from the blocks. Hold the underwater streamlined position for one and one-half body lengths, initiate a kicking action for one body length, and progress to the surface of the water with a pull. 2. Execute a legal freestyle, backstroke, butterfly, and breaststroke turn, including an approach of at least 10 meters/min. 3. Stroke progression. Complete progressions for the butterfly and breaststroke. Butterfly a. Demonstrate an undulating motion during the butterfly stroke. b. Demonstrate correct timing of the pull, kick, and breath during the butterfly. c. Complete one length of the pool with legal butterfly form. Breaststroke a. Complete one length of the pool with legal breaststroke form. b. Demonstrate correct timing of the pull, kick, and breath during the breaststroke. 4. Performs 100 yards or 100 meters of individual medley with legal technique and turns. 5. Perform relay exchanges. 6. Performs prescribed underwater dolphin kicks for freestyle, backstroke and butterfly starts and turns. 7. Breathes within the rhythm of stroke in all four strokes. Cognitive From a push the swimmer counts the number of strokes/cycles per length for each stroke			FREE	50	10 @ 1:15	500	Must be able to complete legally 3 of the stroke sets and 2 of the kicking sets in order to be in this group.
	BACK	50	10 @ 1:15	500			
	FR AND BK KICK	50	10 @ 1:30	500			
	BREAST	50	10 @ 1:30	500			
	FLY	50	10 @ 1:30	500			
	FR AND FL KICK	50	10 @ 1:30	500			
Swimmers may not move to the next group without the group coach and head coach approval.							
USA Registration- Required Swim Meet Participation required							
If a swimmer cannot make minimum time requirements. Swim Meet Participation required.							
If you are not making the the minimum group standards and practices, coaches will make the decision whether or not you stay in the group or move to the pre-comp group.							
There will be no practicing with different groups because of a missed practice.							

PRE-SENIOR	LVL 3	Great Whites	STROKE	YARD	INTERVAL	TOTAL YARDS REQUIRED	Minimum Requirements
Physical 1. Complete one length of each stroke holding the same time or faster but using fewer strokes/cycles than in level 3. 2. Maintain consistent stroke rates and times in training sets. 3. Performs the 200's of stroke and a 400 individual medley 4. Demonstrates more effective underwater swimming off start and turn in all strokes than in previous Level 5. Improve speed, power and distance to 15 meters in each stroke 6. Performs effective finishes. 7. Performs a relay exchange with advanced technique. Cognitive 1. The swimmer understands the relationship between distance per stroke, stroke rate, and swimming speed. 2. The swimmer can name two ways to minimize resistance or drag from the water. 3. The swimmer can explain an efficient stroke pattern in relation to creating propulsion. 4. Swims with prescribed breathing patterns during practice and meets			FREE	100	10 @ 1:50	1000	Must be able to complete legally 2 of the stroke sets, 2 of the kicking sets, and 100IM in order to be in this group.
			BACK	100	10 @ 1:50	1000	
			FR AND BK KICK	50	10 @ 1:15	500	
			BREAST	100	10 @ 2:15	1000	
			FLY	100	10 @ 2:15	500	
			BR AND FL KICK	50	10 @ 1:15	500	
			IM	100	1 @ 1:45	100	
Swimmers may not move to the next group without the group coach and head coach approval.							
USA Registration- Required							
Swim Meet Participation required and attend all State Championship meets and Higher.							
If a swimmer cannot make minimum time requirements, it will be up to the head coach and group coach whether the swimmers stays or moves down.							
If you are not making the the minimum group standards and practices, coaches will make the decision whether or not you stay in the group or move to the pre-comp group.							
There will be no practicing with different groups because of a missed practice.							

SENIOR GROUP	LVL 4-5	Blue Whales	STROKE	YARD	INTERVAL	TOTAL YARDS REQUIRED	Minimum Requirements
Physical 1. Ability to change speed while maintaining stroke efficiency. 2. Performs more effective underwater swimming off start and turn in all strokes than in previous Level 3. Maintains proper technique under increased training loads. Cognitive 1. The swimmer, with the assistance of his or her coach, can calculate swimming speed, distance per stroke, and stroke rate during competition and training. 2. Can manipulate stroke rate and distance per stroke to vary speed.			FREE	100	10 @ 1:40	1000	Must be able to complete legally 2 of the stroke sets, 2 of the kicking sets, and 100IM in order to be in this group.
			BACK	100	10 @ 1:50	1000	
			FR AND BK KICK	50	10 @ 1:00	500	
			BREAST	100	10 @ 2:00	1000	
			FLY	100	10 @ 2:00	500	
			BR AND FL KICK	50	10 @ 1:15	500	
			IM	100	1 @ 1:45	100	
Swimmers may not move to the next group without the group coach and head coach approval.							
There will be no practicing with different groups because of a missed practices							
USA Registration- Required							
Swim Meet Participation required and attend all State Championship meets and Higher.							
If a swimmer cannot make minimum time requirements, it will be up to the head coach and group coach whether the swimmers stays or moves down.							
If you are not making the the minimum group standards and practices, coaches will make the decision whether or not you stay in the group or move to the pre-comp group.							