



COAST GUARD BLUE DOLPHINS SWIM TEAM

TRAINING GROUP PREREQUISITES, DESCRIPTIONS, & ADVANCEMENT

DEVELOPMENTAL TIER

FLIPPERS:

Group Prerequisites: Swimmers entering this group should be able to swim a coordinated front crawl demonstrating basic rhythmic breathing skills for 25 yards. Swimmers should be able to swim a coordinated backstroke for 25 yards.

Group Goals:

- CGBD Flippers is a readiness practice group for 4-year to 6-year old swimmers to get them ready for the Blue practice group.
- Continue your summer league experience to develop the technique and knowledge to enhance your swimming performance
- Develop efficient stroke technique in freestyle, backstroke
- Introduced to the basic's stroke elements of breaststroke & butterfly
- Learn turns and finishes for all four Olympic strokes
- Learn competitive starts for all four Olympic strokes
- Introduce group swimming. Understanding drop-ins, take-offs at a prescribed time, and circle swimming.
- Any aerobic training is incidental to the process of skill reviews. No segment of practice is devoted specially to endurance training.
- Incorporate swimming activities into lifetime fitness habits

Early Advancement Considerations:

- Swimmers should be able to demonstrate improved skills in Freestyle and Backstroke.
- Swimmers should be able to demonstrate a clear understanding of Butterfly and Breaststroke.
- Swimmers must be able to complete 50 yards of Freestyle and Backstroke.
- Swimmers must be able to kick 50 yards of Freestyle Kick with a Board.

BLUE:

Group Prerequisites: Swimmers entering this group should be able to swim a coordinated front crawl (Freestyle) demonstrating basic rhythmic breathing skills for 25 yards. Swimmers should be able to swim a coordinated backstroke for 25 yards. Swimmers should demonstrate a basic knowledge of Breaststroke and a willingness to learn Butterfly. Swimmers should be able to swim a coordinated Breaststroke for 10 yards.

Group Goals:

- CGBD Blue practice are primarily 7-year to 8-year old swimmers. Swimmer should be no younger than 6-years old.
- Continue your summer league experience to develop the technique and knowledge to enhance your swimming performance. Begin your exposure to year-round swim team experience.
- Blue practice group can be readiness group for advancing to the Junior practice group.
- Develop more highly proficient stroke technique in Freestyle, Backstroke. This includes the use of alternate breathing technique in Freestyle.
- Develops greater proficiency in breaststroke & butterfly
- Learn and refine turns and finishes for all four Olympic strokes
- Learn and refine competitive starts for all four Olympic strokes
- All practices will be conducted in a group training environment. Learning the use of the pace clock for take-off and intervals is introduced. Training interval will be such to promote plenty of opportunity for coach feedback and swimmer acknowledgement.
- Although aerobic training is incidental to the process of skill reviews. There will be a short 5-10 min segment of practice devoted specially to developing stamina and the rigors of swimming upon demand.
- Continue to educate on how swimming activities are incorporated into lifetime fitness habits

Early Advancement Considerations:

- Swimmers should be able to demonstrate a high proficiency in Freestyle and Backstroke.
- Swimmers should be able to demonstrate improved skills in Butterfly and Breaststroke and are able to perform the strokes legally as if in competition.
- Swimmers must be able to complete 50 yards of Freestyle and Backstroke and 25 yards of Breaststroke and Butterfly
- Swimmers must be able to kick 50 yards of Freestyle Kick with a Board and 25 yards of Backstroke, Breaststroke and Butterfly

GOLD:

Group Prerequisites: Swimmers entering this group should be able to swim a coordinated front crawl (Freestyle) with rhythmic breathing skills for 25 yards. Swimmers should be able to swim a coordinated Backstroke, Breaststroke, and Butterfly for 25 yards.

Group Goals:

- CGBD Blue practice are primarily 9-year to 12-year old swimmers. Swimmer should be no younger than 8-years old.
- Gold practice group can be readiness group for advancing to the Age Group practice group.
- Develop the technique and knowledge to enhance your swimming performance. Develop your understanding and gain in experience with the year-round swim team experience.
- Develop more highly proficient stroke technique in Freestyle, Backstroke, Breaststroke, and Butterfly. This includes the use of alternate breathing technique in Freestyle.
- Develop higher proficiency in starts, turns, and finishes for all four Olympic strokes
- Introduce and stress the importance of proper push-off techniques, sub-kick and breakouts following starts and turns. Maintaining a competitive edge with the fundamentals of efficient performance.
- All practices will be conducted in a group training environment. Use of the pace clock for take-off and intervals will be a major part of every practice. Training interval will be such to promote opportunity for coach feedback and swimmer acknowledgement.
- Aerobic training is part of the process of skill reviews. There will be at least one 20 min segment of practice devoted specially to developing stamina and the rigors of swimming upon demand.
- Continue to educate on how swimming activities are incorporated into lifetime fitness habits

Early Advancement Considerations:

- Swimmers should be able to demonstrate a high proficiency in all four Olympic strokes.
- Swimmers should be able to demonstrate a high proficiency in starts, turns and finishes for all four Olympic strokes.
- Swimmers must be able to effectively swim 100 yards of Freestyle and Backstroke. They must be able to effectively swim 50 yards of Breaststroke and Butterfly.
- Swimmers must have an attendance record showing consistent 60 percent practice attendance
- Swimmers must be able to perform the following during practice:
 - 3 X 100 Freestyle @ 2:10
 - 6 X 50 Medley Switch @ 1:15
 - 6 X 50 Kick (Odd: Free; Even: One each Odd Stroke) @ 1:20

AGE GROUP TIER

JUNIOR:

Group Prerequisites: Swimmers entering this group should be able to swim a proficient Freestyle and Backstroke for 50 yards. Swimmers should be able to swim a competitively legal Breaststroke, and Butterfly for 25 yards. During the evaluation swimmers should demonstrate the stamina necessary to meet the rigors of the practice regimen.

Group Goals:

- The CGBD practice group are primarily 7-year to 8-year old experienced swimmers. Swimmer should be no younger than 6-years old.
- The junior practice group completes the transition to the age group practice tier.
- Swimmers in this group will have an increase in training time, greater independence using the pace clock to determine when to start sets, exercises, or swims and learning to read the pace clock to get practice times.
- More integration of speed variation and energy management techniques which mirror our race strategies are incorporated into the practice regiment.
- Practices still devote 70% of the time toward maintenance of stroke, turn, and finish mastery with the remaining 30% of the practice sessions used for conditioning.
- Introduction of more efficient take-off/push-offs with the goal of reaching at least 5 yards (at least to the backstroke flags) using sub kicks and proper breakout techniques.
- At this level swimmers will be introduced some basic dryland training and to practices with not only skill building and maintenance objectives but specific training objectives which will adjust through the season to meet individual and team goals of achievement.
- Swimmers can expect to swim between 1,200 and 2,000 yards/meters at each training session.
- Swimmers are expected to attend practice 4 times in a two-week period.
- Consistent practice attendance at 65% over a two-week period is expected for continued progression.
- Total independence using the pace clock as a guide for training session management.
- Flexible training opportunities still allow for participation in other activities; however, it is expected that all swimmers qualified for local championship meets will participate.
- Most swimmers compete locally at age group meets with others competing in some regional or statewide meets

Early Advancement Consideratons:

- Swimmers must have an attendance record showing consistent 70 percent practice attendance
- A swimmer must be at least 8 years old.
- A swimmer must have one 10&U A time and 10&U BB times in at least three of the competitive disciplines: Free, Back, Breast, Fly, and Medley.
- Swimmers must be able to perform the following during practice:
 - Swimmers must be able to get their own times from the pace clock
 - 4 X 50 Freestyle (Descend 1-4) @ :55 (must maintain repeat time under 40 seconds)
 - 6 X 50 Free Kick with Board @ 1:00 (maintaining 5 seconds rest after each)

AGE GROUP:

Group Prerequisites: Swimmers entering this group should be able to swim a proficient Freestyle and Backstroke for 50 yards. Swimmers should be able to swim a competitively legal Breaststroke, and Butterfly for 50 yards. During the evaluation swimmers should demonstrate the stamina necessary to meet the rigors of the practice regimen.

Group Goals:

- The age group practice group introduces increased challenges with stronger training and race habits while maintaining mastery in stroke technique, turns, turns, and finishes.
- Swimmers in this practice group will independently guide themselves through the training session using the pace clock while being introduced to more advanced interval-based training.
- More complex speed variations and use of energy systems will be employed to maximize the 60% of practice time devoted toward conditioning and strengthening the swimmers.
- 40% of training sessions will still be devoted toward development and maintenance of stroke technique and mastery of efficient use of the walls during starts and turns.
- Demonstration of greater proficiency in take-off/push-offs with the goal of reaching at least 7 yards (past the backstroke flags) using sub kicks and proper breakout techniques.
- Dryland training will be conducted daily as swimmers in this practice group demonstrate great strength and stability.
- Within the age group practice group swimmer will be further broken down to three training levels.
- Swimmers in this practice group are primarily 9-10 years old and can expect to swim between 2,500-4,000 yard/meters at each training session.
- Consistent practice attendance at 70% over a two-week period is expected for continued progression.
- Flexible training opportunities still allow for participation in other activities; however, it is expected that all swimmers qualifying for local championship meets will participate. Swimmers compete locally at age group meets and/or in statewide meets

Early Advancement Consideratons:

- Swimmers must have an attendance record showing consistent 80 percent practice attendance
- A swimmer must be at least 10 years old.
- A swimmer must have one 11-12 A time and 11-12 BB times in at least three of the competitive disciplines: Free, Back, Breast, Fly, and Medley.
- Swimmers must be able to perform the following during practice:
 - 6 X 100 Freestyle @ 1:30 (maintaining 10 seconds rest after each) or 10 X 100 Freestyle @ 1:45 (maintain 1:15 per 100)
 - Medley Circuit (3 times):
 - 3 X 50 Medley Switch Kick @ :55
 - 4 X 25 Fly (descend each) @ :25
 - ⇒ 2nd Round: Back @ :25
 - ⇒ 3rd Round: Breast @ :30
 - 3 X 50 Medley Switch @ :50
 - ⇒ 2nd Round: 3 X 75 (25/50) @ 1:15
 - ⇒ 3rd Round: 3 X 100 @ 1:40
 - 1 X 100 Medley from the Block @ 2:30
 - ⇒ 2nd Round: 200 Medley @ 3:30
 - ⇒ 3rd Round: 400 Medley @ 6:30

PREP:

Group Prerequisites: Swimmers entering this group are highly proficient in all four Olympic strokes and feel comfortable swimming up to 200 yards in Freestyle and Backstroke. Swimmers should be able to swim a competitively legal Breaststroke, and Butterfly for 100 yards. During the evaluation swimmers should demonstrate the stamina necessary to meet the rigors of the practice regimen.

Group Goals:

- The prep practice group begins the transition from age group swimming to senior level swimmer.
- Swimmers in this group are primarily 11-12 years old and devote 70% of their training sessions to conditioning. Swimmers must be at least 10 years old.
- Swimmers are still fully utilizing the remaining 30% of their practice toward development and maintenance of stroke technique and mastery of efficient use of the walls during starts and turns.
- Swimmers are expected to be more focused on execution of the entire workout consistently on a daily basis and begin the process of taking greater responsibility for their swimming success.
- This practice group has three training levels who can expect to swim 3,500 to 6,000 meters/yards per day.
- Dryland training is an integral part of the training regiment to increase core body stroke, better balance, and increase individual athletic ability.
- Regular meetings are held between swimmers and coaches to establish goals and to better educate each swimmer on a total approach to improved performance, i.e. nutrition, academic standards, personal responsibilities, proper sleep, etc.
- Consistent practice attendance at 70% over a two-week period is expected for continued progression.
- Being part of the highest age group training level, knowing repeat times during practice, and consistent demonstrated leadership during training sessions is the minimum requirements.
- Flexible training opportunities still allow for participation in other activities; however, it is expected that all swimmers qualifying for championship meets will participate.
- Swimmers compete locally in some age group meets, in statewide meets, and selected invitational meets that may require travel

Early Advancement Consideratons:

- Swimmers must have an attendance record showing consistent 85 percent practice attendance
- A swimmer must be at least 12 years old.
- A swimmer must have one 13-14 AA time and 13-14 A times in at least three of the competitive disciplines: Free, Back, Breast, Fly, and Medley.
- Swimmers must be able to perform the following during practice:
 - 20 X 100 Freestyle @ 1:30 (maintaining under 1:10 repeats)
 - 12 X 50 Freestyle Kick @ :50 (maintaining under :40 repeats)
 - Medley & Best Odd Circuit (3 times):
 - 3 X 200 Medley @ 3:00
 - 1 X 100 Medley Best Odd @ 1:20
⇒ Substitute Free with Best Odd Stroke
 - 2 X 200 Medley @ 2:55
 - 2 X 100 Medley Best Odd @ 1:25
 - 1 X 200 Medley @ 2:50
 - 3 X 100 Medley Best Odd @ 1:30
 - 1 X 200 Medley (from the block)
⇒ Time must be with 8 seconds of best time

SENIOR TIER

HIGH SCHOOL PREP:

Group Prerequisites: Swimmers entering this group should demonstrate a capability in all four Olympic strokes and feel comfortable swimming up to 100 yards of Freestyle. Swimmers should be able to swim a competitively legal Backstroke, Breaststroke, and Butterfly for 50 yards. During the evaluation swimmers should demonstrate the stamina necessary to meet the rigors of the practice regimen.

Group Goals:

- The high school prep practice group is primarily for high school-aged swimmers who enjoy the benefits of the sport and want to balance the demands of swimming with other activities
- It will also provide an excellent opportunity to prepare for high school swimming and later in the year, summer league swimming
- HS Prep practice group can be readiness group for advancing to the Senior practice group
- Focus on stroke technique and building endurance prior to the high school season. However, throughout the year the development and maintenance of stroke technique and mastery of efficient use of the walls during starts and turns is stressed at all times.
- During the high school season, focus will be on continued building of endurance and working race-based training
- After the high school season, focus will be on technique as well as maintaining aerobic conditioning leading into the summer season.
- Swimmers in this group must be at least 13 years old.
- This practice group has can expect to swim 3,200 to 5,000 meters/yards per day
- Flexible training opportunities still allow for participation in other activities; however, it is expected that all swimmers qualifying for championship meets will participate.
- The swimmers will be encouraged to participate in meets within the local area to help track progress

Early Advancement Consideratons:

- Swimmers must have an attendance record showing consistent 85 percent practice attendance
- A swimmer must be at least 13 years old.
- A swimmer must have two BB times in at least two of the competitive disciplines: Free, Back, Breast, Fly, and Medley.
- Swimmers must be able to perform the following during practice:
 - Freestyle Circuit (3 times):
 - 3 X 100 Freestyle @ 1:30 (maintaining an even split)
 - 6 X 50 Free Kick @ :55 (maintaining 5 seconds rest)
 - 4 X 50 Freestyle @ :50 (descend each)
 - Medley Circuit (3 times):
 - 3 X 50 Medley Switch @ 1:00
 - 3 X 100 Medley Switch (negative split each 50) @ 1:50
 - 1 X 200 Medley @ 3:30 (demonstrating race strategy)

SENIOR:

Group Prerequisites: Swimmers entering this group should be highly experienced and capable swimmers. Swimmers interested in joining this group should attend practices for 5-days to allow for the staff and swimmer to assess readiness.

Group Goals:

- The senior practice group is designed for those swimmers making the next step in completing the transition to senior level swimming.
- These swimmers have shown the ability to perform consistently within practices, possess a positive attitude, have adapted their strokes to a more efficient level while training, and show the desire to achieve at the highest possible level.
- This practice group also consists of swimmers who possess the above mentioned qualities but who may be involved with swimming as one of many things they enjoy doing while considering swimming as a primary activity, and whose commitment level is based on the minimum standards set for this group.
- Swimmers in this group are primarily 13-14 years old and devote 80% of their training sessions to conditioning and are still fully utilizing the remaining 20% of their practice toward maintenance of superior stroke techniques and turns. Swimmers must be at least 12 years old.
- Swimmers are expected to be more focused on execution of the entire workout consistently on a daily basis and take a greater sense responsibility for their swimming success.
- Swimmers will continue their development and maintenance of stroke technique. The mastery of efficient use of the walls during starts and turns will be stressed at all times.
- This practice group has three training levels that can expect to swim 4,200 to 7,000 meters/yards per day.
- Consistent practice attendance at 85% over a two-week period is expected for continued progression.
- Dryland training is an integral part of the training regimen to increase core body stroke, better balance, and increase individual athletic ability.
- Consistent attendance, being part of the highest training level, and have a goal to commit to swimming as their main non-academic activity

Early Advancement Considerations:

- Swimmers must have an attendance record showing consistent 90 percent practice attendance
- A swimmer must be at least 14 years old.
- A swimmer must have two A times in at least two of the Olympic strokes and the Medley (200 or 400).
- Swimmers must be able to perform the following during practice:
 - Freestyle:
 - 2 X 300 Freestyle @ 4:00 (maintaining 3:45 per repeat)
 - 3 X 200 Freestyle @ 2:40 (maintaining 2:25 per repeat)
 - 6 X 100 Freestyle @ 1:15 (maintaining 1:10 per repeat)
 - Medley:
 - 4 X 50 Butterfly @ :50
 - 1 X 200 Medley @ 2:50
 - 4 X 75 Backstroke @ 1:10
 - 1 X 200 Medley @ 2:50
 - ⇒ Faster than previous 200 Medley
 - 4 X 100 Breaststroke @ 1:40
 - 1 X 200 Medley @ 2:50
 - ⇒ Faster than previous 200 Medley

NATIONAL PREP:

Group Prerequisites: Swimmers entering this group should be highly experienced and capable swimmers. Swimmers interested in joining this group should attend practices for 5-days to allow for the staff and swimmer to assess readiness.

Group Goals:

- The national prep practice group is designed for those swimmers wishing to pursue the heights of their abilities as a senior swimmer and prepare to be eligible to be on the National Team.
- Some swimmers will maintain a wide range of interests and commitments but also still wish to participate in a rigorous senior swimming training environment.
- National Prep Swimmers have shown the ability to perform consistently within practices, possess a positive attitude, have adapted their strokes to a more efficient level, and show the desire to achieve at the highest possible level.
- This practice group also consists of swimmers who possess the above mentioned qualities and have pared down their activities so that swimming is their primary, if not, lone non-academic activity.
- Swimmers in this group are primarily 15 and above and devote 85% of their training sessions to conditioning
- Swimmers must focus on continued skill development with training or during the 15% of their practice devoted maintenance of superior stroke techniques and turns. Swimmers in this group must be at least 14 years old.
- Swimmers are expected to have mastered consistent execution of the entire workout on a daily basis and are taking responsibility for their swimming success. The mastery of efficient use of the walls during starts and turns will be stressed at all times.
- This practice group has three training levels that can expect to swim 5,500 to 9,000 meters/yards per day.
- Dryland and weight training are integral parts of the training regimen to increase core body strength, better balance, and increase individual athletic ability.
- Practice expectations are graduated by age, experience, and commitment. Consistent practice attendance at 90% over a two-week period is expected for continued progression.
- The national prep swimmers, parents, and coach will sign an agreement of understanding specifying the training standards, commitment requirements (meets and practice attendance), and expectations for the coming season.
- National prep swimmers with a national level meet qualifying time who are team leaders and have sustained consistent performance that exceed the standards for the group may apply to be a national team member

Advancement Considerations for Selection to the National Team:

- Swimmers must have an attendance record showing consistent 90 percent practice attendance
- A swimmer must be at least 15 years old and no longer eligible to compete at Age Group Champs.
- Willing to train, commit, and compete as a national level swimmer.
- A swimmer must have at least one CGBD National Team Consideration Time, the recommendation of your current primary coach, the approval of the National Team lead coach, and the approval of the Head Coach
- Swimmers must meet or exceed the standards of the National Team.

NATIONAL TEAM:

Group Prerequisites: Swimmers are selected to join this training group. Swimmers should meet and maintain the group standards. Swimmers interested in joining this group should attend practices for 5-days to allow for the staff and swimmer to assess readiness.

Group Goals:

- National Team members are select swimmers that must meet specific criteria as determined by the head coach.
- National Team members must have at least one of the National Team Consideration Times listed below in either SCY or LCM.
- Each swimmer is assessed according to their achievements, demonstrated leadership, and application.
- National team members' level of commitment and individual capability must be sustainable at the levels commensurate with elite athletes.
- Our national team swimmers qualify for national level competition.
- Members are expected to be leaders at daily practice sessions and the entire team.
- Each swimmer will sign a contract, which will be co-signed by a parent or legal guardian in which all parties concerned state understanding and agreement with the standards established, commitment required, and expectations for the coming season.
- National Team swimmers should expect to be held to the highest standards and most rigorous training routine.
- National Team swimmers will be the epitome of CGBD swimming and will always support all teammates at all levels to the utmost of their ability.
- National Team members in most cases will participate to the exclusion of most other non-academic activities.
- National Team swimmers achieve success on the state, zone, and national levels including Olympic trials
- National Team swimmers must compete in the meet they achieve the highest qualifying times as coordinated with the parents and swimmer.

CGBD NATIONAL TIME CONSIDERATION TIMES				
WOMEN		EVENT DESCRIPTION	MEN	
SCY	LCM		SCY	LCM
24.79	28.29	50 Freestyle	22.39	25.49
53.09	1:00.69	100 Freestyle	48.49	55.49
1:55.19	2:11.09	200 Freestyle	1:46.29	2:01.29
5:08.79	4:37.69	400/500 Freestyle	4:47.39	4:17.59
10:39.79	9:30.99	800/1000 Freestyle	10:02.49	9:01.59
17:54.19	18:16.79	1500/1650 Freestyle	16:43.99	17:21.79
59.29	1:07.89	100 Backstroke	54.49	1:03.19
2:09.09	2:26.99	200 Backstroke	1:58.59	2:14.79
1:08.19	1:17.89	100 Breaststroke	1:01.49	1:09.69
2:28.99	2:48.39	200 Breaststroke	2:14.99	2:32.59
58.59	1:06.49	100 Butterfly	53.29	1:00.29
2:11.49	2:28.99	200 Butterfly	1:59.49	2:15.79
2:10.99	2:28.69	200 Medley	1:59.39	2:16.19
4:38.39	5:18.19	400 Medley	4:15.09	4:49.89