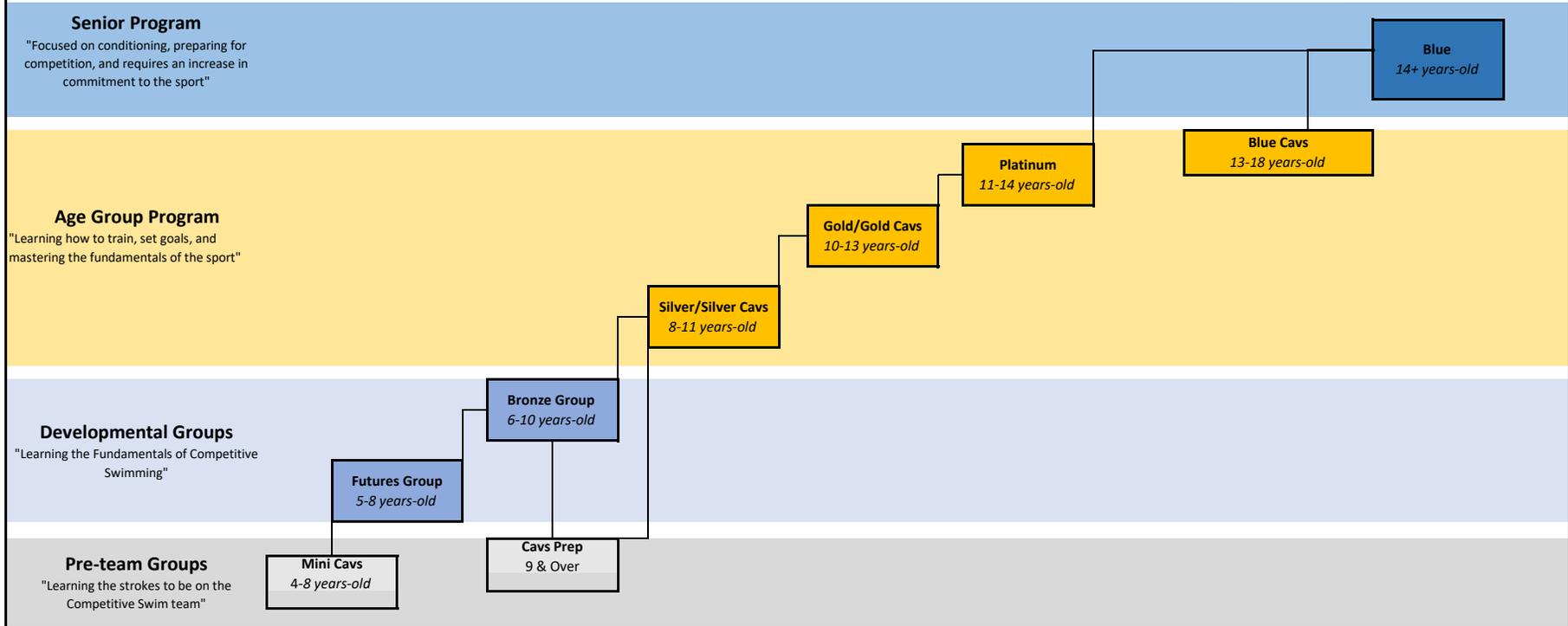




Cavalier Aquatics Step-By-Step Training Group Progression



Pre-team Group Descriptions:

Mini Cavs: 4-8 year olds that have passed swim lessons and are striving to complete 25 free & 25 back. Swim meets are not offered.

Cavs Prep: 9 & Over beginner swimmers striving to learn all four competitive strokes to meet the Bronze and Silver requirements. Swim meets are not offered.

Cavalier Aquatics Group Descriptions:

Futures: 5-8 year olds that are able to complete a 25 free and 25 back successfully.

Bronze: 6-10 year olds that are able to swim all four competitive strokes comfortably.

Silver: 8-11 year olds that are experienced swimmers focusing on developing technique, endurance, IM and interval training.

Silver Cavs: 8-11 year olds given the opportunity to train with athletes at the same ability AND/OR the athlete is unable to commit year around.

Gold: 10-13 year olds that are experienced swimmers focusing on developing competitive racing strategies, endurance, IM and interval training.

Gold Cavs: 11-13 year olds given the opportunity to train with athletes at the same ability AND/OR the athlete is unable to commit year around.

Platinum: 11-14 year olds that are the most experienced Age Group swimmers preparing for senior swimming.

Blue Cavs: 8th Grade & Over swimmers striving to make Platinum or Blue requirements, with the goal to swim in Blue group or for their high school team.

Blue: Competitive high school swimmers with advanced training.