



The Cavalier Aquatics Progression

Ultimately, all individual placements are at the discretion of the coaching staff.



The 'Wahoos'



Age Group 3 (Typically 10-Under)

Junior Hoos (Bridge Program)

The goal for this level is to provide the swimmer with increased swimming exposure and confidence. Practice for this level will focus on refining freestyle and backstroke techniques as well as continuing to develop the advanced disciplines of breaststroke and butterfly. Swimmers must be at least 6 years of age and are required to complete two lengths of the pool legally in both freestyle and backstroke. It is preferred these swimmers also have a basic understanding of the concepts of both breaststroke and butterfly. The maximum program size is 12 swimmers.

Practices – 45 minutes, 2 days per week (Monday and Wednesday OR Tuesday and Thursday)

Wahoo Blue

This is the first group in our progressive age group levels. There will be a large emphasis on proper stroke technique, a healthy dosage of kicking, while basic interval training will be introduced. On dryland, the athletes will explore movement in all planes and direction. Athletes will compete primarily in Cavalier Aquatics hosted events. Swimmers in this level are generally 10 & under who are legal in all 4 Strokes.

Practices – 1 hour, 3 days per week (Monday, Wednesday, and Friday OR Tuesday, Thursday, and Saturday)

Wahoo Orange

While very similar to Wahoo Blue, this group is for more advanced athletes. Proper stroke technique will be emphasized along with a healthy dosage of kick. Basic interval training will be introduced. On dryland, the athletes will explore movements in all planes and direction. Athletes will compete in local Virginia Swimming events, as well as Cavalier Aquatics hosted meets. Swimmers in this level are generally 8-10 years of age and have a minimum of two USA 10 and under BB times.

Practices – 75 minutes, 3 days per week (Monday, Wednesday, and Friday OR Tuesday, Thursday, and Saturday)

The 'Sabres'



Age Group 2 (Typically 11-12)

Sabre Blue

This is a transitional group where swimmers move from primarily emphasizing stroke instruction to valuing competitive training. Dryland training becomes a means of building strength and coordination. Athletes will compete in local Virginia Swimming events, as well as Cavalier Aquatics hosted events. Swimmers in this level are generally age 11-12 years of age.

Practices – 75 minutes, 5 days per week (Monday, Tuesday, Wednesday, Thursday, and Saturday)

Sabre Orange

This group is designed to introduce athletes to advanced training techniques while refining the competitive strokes. Dryland training becomes a means of building strength and coordination. Athletes will compete in local Virginia Swimming events, Cavalier Aquatics hosted meets, and a limited number of travel meets. Swimmers in this level are generally 10-12 years of age with a minimum of one USA 11-12 A time. Swimmers will be required to attend 70% of the listed practices to continue with the group.

Practices – 90 minutes, 5 days per week (Monday, Tuesday, Wednesday, Thursday, and Saturday)

The 'Cavaliers'



Age Group 1 (Typically 13-14)

Cavalier Blue

This is a transitional group where swimmers move from primarily emphasizing stroke instruction to valuing competitive training. The group will focus on stroke refinement, aerobic training, and coordination outside of the pool. Athletes will compete in local Virginia Swimming events, as well as Cavalier Aquatics hosted meets. Swimmers in this level are generally 13-14 years of age.

Practices – 105 minutes, 6 days per week (Monday – Saturday)

Cavalier Orange

This training group is for committed and motivated young swimmers and emphasizes serious training in preparation for elite levels of swimming. The group will focus on stroke refinement, aerobic training, and coordination outside of the pool. Athletes will compete in local Virginia Swimming events, Cavalier Aquatics hosted meets, and a limited number of travel meets. Swimmers in this level are generally 12-14 years of age and have a minimum of one USA 13-14 AA Standards. Swimmers will be required to attend 75% of the listed practices to continue with the group.

Practices – 120 minutes, 6 days per week (Monday – Saturday)

The Senior Program



Senior Blue

This training group provides an opportunity for swimmers to develop, improve skills and fitness levels necessary to train and compete. The group will be comprised typically of high school swimmers who are motivated to improve and compete on a high school and VA Senior Champs Level. The opportunity to progress to higher groups exists for those swimmers willing to improve competitively and commit to the necessary attendance. Senior Blue will not have attendance requirements, but swimmers will have to maintain a standard to move up. Athletes will compete in local Virginia Swimming events, Cavalier Aquatics hosted meets, and a limited number of travel meets.

Practices – 120-150 minutes, 6 days per week (Monday – Saturday)

Senior Orange

This training group is designed generally for high school swimmers who are experienced, proficient, have VA Senior Champ cuts and are working towards the USA Swimming Futures standards. Coaching equally emphasizes conditioning and fundamentals offering the determined swimmer an excellent opportunity to improve rapidly. There is a practice expectation of 65% attendance to stay in the group. Athletes will compete in local Virginia Swimming events, Cavalier Aquatics hosted meets, and a limited number of travel meets.

Practices – 120-150 minutes, 6 days per week (Monday – Saturday), with possibility of doubles

Senior National

This training group is designed for high school swimmers who are experienced and proficient, primarily qualify for Futures Championships and are working towards the Winter Junior Championship level and beyond. Coaching equally emphasizes conditioning and fundamentals offering the determined swimmer an excellent opportunity to improve rapidly. Practice requirements ask that these swimmers make 80% of the practices to continue training in the group. Athletes will compete in local Virginia Swimming events, Cavalier Aquatics hosted meets, and an increased number of travel meets.

Practices – 120-150 minutes, 6 days per week (Monday – Saturday), with possibility of doubles