

There are four training groups under our competitive banner at Gator Swim Club.

SENIOR

(9th grade - 12th grade)

Coach Michael Hamann
coachmhamann@gmail.com

Our Seniors program is structured to produce outstanding swimmers and student leaders through intensified training and skill development. The coach's standard of commitment and attendance will apply throughout the year. Our goal is to develop a cohesive, dedicated group whose goals are to reach National prominence.

FALL PRACTICE SCHEDULE

| Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|-------|-------------|-------|-------------|----------|-------|-----|
| 5-7am | | 5-7am | | 5:30-7am | 7-9am | Off |
| 5-7pm | 4:30-6:30pm | 5-7pm | 4:30-6:30pm | 4:30-6pm | | |

Practice Requirements:

Swimmers in the Senior Group are dedicated swimmers that are expected to maintain excellent attendance.

Equipment Requirements:

Snorkel
Fins
Kickboard
Pull buoy
Finis ankle band
Stretch band

GOLD GROUP

(Ages 9 - 8th grade)

Coach Brett Fonder / Coach Kathy Fonder
brettfonder@yahoo.com / kathyfonder5@gmail.com

This group will be chosen based on effort, practice consistency, and meet participation. This group will be guided towards seasonal goals, good work ethic, continued stroke and technique development, and a love for racing. This is the group from which our future Seniors will progress.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|----------|----------|-----------|----------|----------|----------|
| AM | | | | | 5:30-7AM | 9-11AM |
| PM | 3:15-5PM | 6:30-8PM | 3:15-5PM | 6:30-8PM | 3:15-5PM | |

Practice Requirements: 4-6 days per week.

Equipment Requirements:

Kickboard 3-6lb rubber ball
Fins Mat/Towel
Pull Buoy

MIGHTY GATORS

(Ages 7yrs – 8 yrs)

Coach Kyndal Terrell
4terrells@gmail.com

This is our top 8 & Under training group, and they will be selected based on effort, attendance and their love of the sport. Mighty Gators continue to build on the stroke and technique work, plus they add a little training to their program. We are looking for bi-lateral breathing, tight streamlining, proper turns including back to breast. We want this group to develop a love for swimming.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|-------------|-------------|-------------|-------------|-------------|----------|
| PM | 3:30-4:30PM | 3:30-4:30PM | 3:30-4:30PM | 3:30-4:30PM | 3:30-4:30PM | Off |

Practice Requirements: 3-5 days / week

Equipment Requirements: Kickboard, fins

BLUE GROUP

(5 yrs-8 yrs)

Coach Jamie Hill

Jhill122@gmail.com

This group continues with stroke technique, turns, starts, plus adds drills and more detailed technique.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|-------------|-------------|-------------|-------------|-------------|----------|
| | | | | | | |
| PM | 3:30-4:30PM | 3:30-4:30PM | 3:30-4:30PM | 3:30-4:30PM | 3:30-4:30PM | |

Practice Requirements: 3-4 days/week

Equipment Requirements: Kickboard, fins