



2016-2017 SCHEDULE

Program	Mon	Tue	Wed	Thu	Fri	Sat
Fundamentals Ages 5-9 Choose A or B	4:00-5:00p Group A	4:00-5:00p Group B	4:00-5:00p Group A	4:00-5:00p Group B	4:00-5:00p Grps. A & B	-
Competitive Ages 6-10	4:00-5:00p	4:00-5:00p	4:00-5:00p	4:00-5:00p	4:00-5:00p	12:00-1:00p
Enrichment Ages 9-13	5:00-6:30p	-	5:00-6:30p	-	5:00-6:30p	-
Junior Ages 9-13	5:00-6:30p	5:00-6:30p	5:00-6:30p	5:00-6:30p	5:00-6:30p	11:30-1:00p
Senior Ages 13-18	6:30-8:30p	6:30-8:30p	6:30-8:30p	6:30-8:30p	6:30-8:30p	10:00-12:00n
National* Ages 14-18	5:30-7:30a 4:30-6:00p	5:30-7:30a 4:30-6:00p	5:30-7:30a 4:30-6:00p	5:30-7:30a 4:30-6:00p	5:30-7:30a 4:30-6:00p	8:00-10:30a
HS Prep. Sep.-Nov. 9 th -12 th Graders	6:30-8:30p	6:30-8:30p	6:30-8:30p	6:30-8:30p	6:30-8:30p	-
Summer Prep Apr.-May	Age 10&U 4:00-5:00p	Age 10&U 4:00-5:00p	Age 10&U 4:00-5:00p	Age 10&U 4:00-5:00p	Age 10&U 4:00-5:00p	-
	Age 12&U 5:00-6:30p	Age 12&U 5:00-6:30p	Age 12&U 5:00-6:30p	Age 12&U 5:00-6:30p	Age 12&U 5:00-6:30p	
	Age 13&O 6:30-8:30p	Age 13&O 6:30-8:30p	Age 13&O 6:30-8:30p	Age 13&O 6:30-8:30p	Age 13&O 6:30-8:30p	
Summer Gators Jun.-Jul. Ages 7-18	-	7:30-9:00p	-	7:30-9:00p	-	7:30-9:00p

*National swimmers attend dryland and technique training (4:30-6:00pm), as determined by head coach.

2016-2017 Program Description

Fundamentals (Age: Beginner-9) Focus is on technique to build the fundamentals of all four competitive strokes, starts and turns, and basic training concepts. At a minimum, swimmers should be able to complete one length of the pool unassisted.

Competitive (Age: 6-10) Fine-tune stroke mechanics, enhance core stability and build strength at a level appropriate to their goals, age, experience and commitment level. Participation in swim meets is recommended.

Enrichment (Age: 9-13) Swimmers work on stroke technique, starts and turns, race strategies, and are introduced to endurance and nutritional training concepts. Participation in swim meets is encouraged.

Junior (Age: 9-13) Goal-oriented swimmers focus on fundamentals, technique, race strategies, and training concepts. Swimmers are encouraged to attend at least three practices per week and participate in swim meets.

Senior (Age: 13-18) Committed swimmers with a desire to progress to the highest training levels work to fine-tune stroke mechanics, overall conditioning and racing techniques. Swimmers are encouraged to participate in meets including championship meets.

National (Age: 14-18) This group is for swimmers with a record of advanced training, demonstrated emotional maturity and the commitment to achieving their maximum potential. Swimmers should be prepared to commit to 6 morning practices per week, plus, afternoon dryland and technique sessions, as determined by the head coach. A year-round commitment is strongly encouraged with a focus on preparation for success at nationally recognized meets and a successful collegiate experience. Participation in most meets is recommended. Interested swimmers should contact the Head Coach.

High School Prep Program (Sep.-Nov.) A 10-week program to prepare swimmers in 9th-12th grade for their high school swim season.

Summer Prep Program (Apr.-May) A 7-week program to prepare swimmers, ages 6-18, for a great JSL summer season.

Summer Gators (Jun.-Jul.) A summer program for swimmers to continue their work on technique, strategy and endurance. Participation in Long Course meets is encouraged.