



Williamsburg Aquatic Club Swim Level Information

As a club, WAC is invested in the success of every swimmer and our levels are designed to meet swimmers' competitive needs while providing a safe and fun environment for ongoing development and mastery. Consistent attendance at practices is what will allow swimmers to reach their full potential. **Coaches evaluate each swimmer's ability, practice habits and interest in assigning levels at the end of a session (Fall, Winter, Spring, Summer).**

Level A – Seniors 15 - 18 year olds - minimum 75% practice attendance

Emphasis is placed on physical conditioning, perfecting stroke technique, doing complete workouts, and racing skills. Level A swimmers are all high school athletes that compete on regional and national levels, and who are committed to reaching their full potential. Weight training and dryland exercises are an integral part of the program. Practices are 2 - 2.5 hours each and meet 6 days per week.

Level B – Seniors 13 – 18 year olds

Emphasis is placed on physical conditioning, perfection of stroke technique, and the building endurance in preparation to move to Level A. Weight training and dryland exercises are an integral part of the program. Swimmers must be able to get to practice on time and to do full workouts to be in Level B. Core and weights training as well as dryland exercises are an integral part of the program. Practices are 2 - 2.5 hours each and meet 6 days per week.

Level C – Pre Seniors 11 – 16 year olds

Emphasis begins to shift from technique to serious competitive training to prepare for more advanced competition. Swimmers will begin to do more interval training and will also start to use more swim equipment in practice. Swimmers must have mastered all 4 strokes, all turns, be able to use the pace clock, and do complete sets to move into Level C. Dryland exercises are a key component of practices. Practices are 1.25 - 1.75 hours each and meet 6 days per week.

Level D – Age Group 11 – 16 year olds

Emphasis is on learning the basic stroke techniques and conditioning. Swimmers are introduced to interval training and dryland exercises. Swimmers learn to use the pace clock, follow directions, complete workouts, and compete at a year-round level. All 11 year olds as well as older developmental swimmers start in Level D. Practices are 1.25 – 1.5 hours each and meet 5 days per week.

Level E – Age Group 9 – 10 year olds

Emphasis is on technique and the start of competitive training. Practices include interval training, refinement of basic skills, dryland exercises, and swim bench training. Swimmers must be able to consistently swim all 4 strokes and turns, and be physically fit enough to start training. Practices are 1 – 1.25 hours each and meet 5 days per week.

Level F – Developmental 7 – 10 year olds

Emphasis is on instruction and drills in the 4 strokes, turns, and the start of pace clock workouts. Swimmers are introduced to competitive swimming and meets in a fun and supportive environment. Swimmers should know how to swim the 4 strokes, and be able to swim one pool length of all 4 strokes to participate in Level F. Practices are 1 – 1.25 hours each and meet 3 times per week.

Level G – Developmental 9 & under

Emphasis is on instruction in the 4 strokes. Practices are a fun and supportive environment that focus on introducing all 4 strokes and helping the swimmer to swim them legally. Swimmers at this level will receive extended instruction on starts and turns. Swimmers should be able to swim one pool length of Freestyle and Backstroke. They should also have a concept of how to swim Breaststroke and Butterfly. Practices are 1 hour each and meet 2 days per week.