

Hanover Aquatics “Hurricanes”

Training Squad Descriptions and times during the school year

**** PLEASE NOTE THAT TRAINING TIMES AND LOCATIONS MAY CHANGE DURING SPRING AND SUMMER ****

**** ALL TRAINING TIMES LISTED BELOW ARE AT THE LOWER OUTDOOR POOL AT BURKWOOD ****

**** SWIM MEETS SCHEDULED ARE ALMOST ALWAYS OFFERED WITHIN A 10-50 MILE RADIUS OF RICHMOND ****

Category 1 Hurricanes (Cat 1):

5-6-7-8 year old swimmers - 6 practices offered each week, 1 hour in length- no dry land

Goals are established for swimmers to achieve B, BB, A, AA, AAA and Age-Group Championship Time Standards

Cat 1 is our beginner training group made up of swimmers who are relatively new to competitive swimming and mostly between 5 and 8 years of age. These swimmers need specific work or training on the basics of Freestyle, Backstroke, Breaststroke, Butterfly, and the Individual Medley along with training on starts and turns. We offer 6 practice sessions per week and the swimmers are encouraged to attend as many sessions as they can, would like to, or have the time to participate in along with their other scheduled activities or programs during the week. We encourage our swimmers to experience other activities of their choosing. There is no minimum or maximum required number of workouts. However, we do recommend that all our younger swimmers try to attend a minimum of 3 practices each week in order to experience regular progress and to build confidence and excitement for the beginning of their swimming career. **Cat 1 has two (2) training time options.** The first is from 3:30 to 4:30 PM Monday through Friday, and the second option is from 6:30 -7:30 PM, Monday through Thursday with an earlier 5:15 to 6:15 practice on Fridays. Swimmers select their training time option choice at the beginning of the season. This choice can be altered if a family’s circumstances change and the earlier or later workout is better suited for them. There is also a training session offered on Saturdays from 9:00 – 10:00 AM. Our principle focus is on developing sound stroke techniques, creating effective swimming habits, developing endurance for their age, and having as much fun as possible. We also begin to introduce goal-setting, progressive time standards for the swimmers to help them focus on improving technique and becoming faster in their competitions. We do not offer a dry land program for our Cat 1 swimmers. We encourage this training group to participate in approximately one (1) swimming meet per month, either on Saturday or Sunday, and both days if they prefer. Please keep in mind that different events are offered on each day of the weekend swim meet, so varying those days will lead to more experience and opportunities for development.

Category 2 Hurricanes (Cat 2):

9-10 year old swimmers – 6 practices offered each week, 1 hour 15 minutes in length + dry land

Goals are established for swimmers to achieve B, BB, A, AA, AAA and Age-Group Championship Time Standards

Cat 2 is our second level training group of swimmers who generally have a bit more experience than Cat 1 and are usually 8-9 and 10 year old athletes. These swimmers continue to need work on all strokes, along with additional training on individual starts, turns, relay starts and race strategy. They will also receive some endurance training in the pool along with a 15 minute dry land training session to help develop body strength, flexibility and coordination. We offer 6 practice sessions per week and the swimmers are encouraged to attend as many sessions as they can, would like to, or have the time to participate in along with their other scheduled activities or programs during the week. We encourage our swimmers to experience other activities of their choosing. There is no minimum or maximum required number of workouts. However, we do recommend that all our younger swimmers try to attend a minimum of 3 practices each week in order to experience regular progress and to build confidence and excitement for the beginning of their swimming career. **With Cat 2 we also offer 2 different training sessions or options for these swimmers.** The first option is from 3:30 to 4:45 in the water with a dry land session from 4:45 to 5:00 PM, Monday through Friday, but with no dry land session on Friday. The second option for Cat 2 is from 6:15 to 6:30 for a dry land session and from 6:30 to 7:45 for an in-the-water

training session Monday through Thursday with an earlier Friday practice from 5:15 to 6:30. Again, there is no dry land for Cat 2 on Fridays. Swimmers select their training time option choice at the beginning of the season. This choice can be altered if a family's circumstances change and the earlier or later workout is better suited for them. There is also a training session offered on Saturdays from 9:00 – 10:15 AM. Our principle focus for Cat 1 and Cat 2 is on developing sound stroke techniques, creating effective swimming habits, developing endurance for their age, and having as much fun as possible. With Cat 2 we continue to introduce goal-setting, progressive time standards for the swimmers to help them focus on improving technique and becoming faster in their competitions. We encourage this training group to participate in approximately one (1) swimming meet per month, either on Saturday or Sunday, and both days if they prefer. Please keep in mind that different events are offered on each day of the weekend swim meet, so varying those days will lead to more experience and opportunities for development.

Category 3 Hurricanes (Cat 3):

11-12 year old swimmers - 6 practices offered each week, 1 hour 30 minutes in length + dry land

Goals are established for swimmers to achieve B, BB, A, AA, AAA, Age-Group and Zone Championship Time Standards

Cat 3 is our third level training group normally made up of swimmers 11 and 12 years of age. Some of these swimmers may be more experienced than others, but because our basic philosophy is to keep children together as close to the same age as possible, we will co-mingle newer swimmers with those a bit more experienced. Consequently, we may have some athletes in this group that are more beginner in nature, but because of their older age should be able to pick up stroke technique and competitive skills more quickly than our younger 5 to 10 year old swimmers. Because our program is progressive, these swimmers will also be trained and coached to increase their skills in all 4 competitive strokes, the individual medley as well as continued training on starts, turns, relay starts and race strategy. Cat 3 will also receive additional endurance training in the pool along with a 15 minute dry land training session to help develop body strength, flexibility and coordination. The Cat 3 swimmers will begin to experience longer distances in competition that can include events of 100 to 200 yards in length. We will always enter swimmers into events that we are confident they can successfully complete, and not enter them in events that cause undue stress, emotional strain or physical exhaustion. Their happiness, self-confidence and success are our first and primary concerns. We offer 6 practice sessions per week and the swimmers are encouraged to attend as many sessions as they can, would like to, or have the time to participate in along with their other scheduled activities or programs during the week. We encourage our swimmers to experience other activities of their choosing. There is no minimum or maximum required number of workouts. However, we do recommend that all our younger swimmers try to attend a minimum of 3 practices each week in order to experience regular progress and to build confidence and excitement for the beginning of their swimming career. Cat 3 swimmers train from 6:15 to 6:30 with a dry land session, then from 6:30 to 8:00 PM in the water, Monday through Thursday. Friday's training is a bit earlier so families can have more time together. Friday's workout is from 5:00 – 6:30 PM with no dry land session on Fridays. We offer a Saturday training session from 9:00 to 10:30 AM, and like Fridays, there is no dry land on Saturdays. Our principle focus for this training group is to further develop goal-setting time standards along with continued development of both skill and speed for swimming sprint events. Endurance and strength training will also be increased to help swimmers compete in longer events which will be a requirement for them when they move up to the 13 – 14 year age group. We encourage this training group to participate in approximately one (1) swimming meet per month, either on Saturday or Sunday, and both days if they prefer. Please keep in mind that different events are offered on each day of the weekend swim meet, so varying those days will lead to more experience and opportunities for development. ***It is important for all swimmers and families to fully understand that our major competitions are at the end of each training season and that family vacations or trips should be planned well before or shortly after the swimmer's major championship meet (December-March and July).***

Category 4 Hurricanes (Cat 4):

13-14 year old swimmers – 6 practices offered each week, 1 hour 45 minutes in length + dry land

Goals are established for swimmers to achieve B, BB, A, AA, AAA, Age-Group and Zone Championship Time Standards

Cat 4 is our fourth level training group normally made up of our 13 and 14 year old swimmers. Most of these swimmers have had a rather extensive experience in competitive swimming and are on track to graduate into our highest level of training which is Cat 5. It is possible for swimmers new to competitive swimming to be placed in this group if they have developed strong technical skills in all 4 competitive strokes plus the individual medley event and have the endurance to maintain the level of training necessary with this group. As in all other training groups, these swimmers will continue to receive coaching to more highly develop their stroke technique skills to become more effective in the water with a higher level of mastered skills in all strokes. Endurance training will be increased along with longer distances and shorter rest periods. Speed training will also be increased with an emphasis on maintaining excellent stroke technique during an entire set or swim. The Cat 4 Training group begins their sessions with a 15 minute dry land program starting at 4:30 (designed to further develop overall strength, flexibility and coordination), followed by an hour and 45 minutes of in water swimming until 6:30, Monday through Friday. They are also offered a Saturday morning practice from 7:00 AM to 9:00 AM. Like all other younger groups, there is not a mandatory attendance requirement though it is suggested that swimmers, committed to improve substantially, attend as many workouts as possible with 4 to 6 per week being recommended. With a higher level of commitment, it is more difficult for swimmers in this group to have several other outside activities, though we encourage all our athletes to explore any and all other passions they may have. Swimmers at this level will often train between 3,500 and 5,000 yards or meters / workout. Though this is a challenging training group for 13 and 14 year old swimmers, our coaching staff makes every effort to include fun and competitive activities to keep swimmers motivated and excited about their swimming career. This level also spends more time developing realistic goals and strategies to achieve those goals during the season. Consistent with our philosophy of competing in one (1) meet per month, we have created a competition schedule that permits all these swimmers' opportunities to compete against other athletes at their same level. We have also scheduled championship swim meets to assist in goal setting and give these swimmers an opportunity to strive for higher and more challenging targets. Championship meets for this group are also offered on weekends with a few select meets that offer additional distance events competition on a Friday evening. ***It is important for all swimmers and families to fully understand that our major competitions are at the end of each training season and that family vacations or trips should be planned well before or shortly after the swimmer's major championship meet (December-March and July).***

Category 5 Hurricanes (Cat 5 AM + PM):

15-18 year old swimmers – 6 to 8 practices offered each week, 2 hours in length with stretching offered at dry land

Goals are established for swimmers to achieve B, BB, A, AA, AAA, AAAA and NCSA Junior National Time Standards

Cat 5 is our highest level training group made up mostly of swimmers who have entered high school and are at least at the high school freshman level. This training group can be made up of both very experienced swimmers as well as those who are interested in becoming stronger swimmer athletes for either their high school program or their summer league clubs. Those swimmers with either a very high level of competitive experience or those with a very sincere passion to achieve at the highest levels (**Cat 5 AM**) are offered 8 practices per week, 6 in the mornings and 2 in the afternoons. Those swimmers who are more interested in improving for their high school program, their summer league club team, or who have multiple other activities that require outside, additional time during the week (**Cat 5 PM**) are offered 6 practices per week, all in the afternoons. **Cat 5 AM** practices Monday through Friday from 4:50 AM to 6:50 AM, leaving time for swimmers to dress for school, eat breakfast and get to school on time. They are also offered 2 afternoon workouts per week from 4:30 to 6:30 PM, either Monday & Wednesday or Tuesday & Thursday. **Cat 5 AM** also has a Saturday morning practice from 7:00 to 9:00 AM. **Cat 5 PM** practices from 4:30 to 6:30 PM Mondays through Friday and Saturday from 7:00 to 9:00 AM. As is in all of our training groups, there is no mandatory attendance required. However, swimmers should fully realize that their participation in any activity and the success they wish to attain will be directly related to the effort and consistency they put into their training, focus and goal setting objectives and performance. Swimmers in this group are encouraged to attend as many of the 6 to 8 practices offered each week as they can. They should schedule and plan their studying for upcoming school tests and projects so they can attain the needed sleep and rest that being a senior level athlete requires. Missing a workout or two during a week is certainly acceptable so long as consistent effort is made each training session attended. Swimmers in the Cat 5 training group will regularly train between 4,000 and 6,500 yards or meters in each workout depending on whether the specific practice emphasis is speed and power or endurance.

Technique continues to be a major focus of Cat 5 training with starts, turns, relay starts, “off-the-wall“ breakouts, and race strategy for multiple events and distances. Swim meets are also scheduled approximately one time per month with a championship, peak performance schedule for the end of each 3 to 4 month season, December, March and July. Toward the end of each 3 to 4 month season, it is possible that multiple swim meets could be necessary to qualify for and compete at the highest senior level. In order to help maintain motivation and goal setting, periodic social and fun activities or events along with breakfasts, lunches or team dinners will be scheduled. ***It is important for all swimmers and families to fully understand that our major competitions are at the end of each training season and that family vacations or trips should be planned well before or shortly after the swimmer’s major championship meet (December-March and July).***