

MADISON GROUPS:

HIGH SCHOOL



We have our Madison-based programming split into 3 different age groups, and we have 3 groups offered for each age level. This allows us to provide an appropriately challenging practice for all of our swimmers. At the younger ages, swimmers are grouped primarily based on their age and secondarily on their swimming abilities. As swimmers age their swimming performance, the ability to train to the standard of the group, and especially a swimmer's commitment level become more important factors. You can check out all of our Madison group descriptions on our website.

Ultimately, placement of swimmers into their groups is determined by the coaching staff. But we want families and swimmers to use these group descriptions as a guideline and also to be aware of expectations for practice.

A TYPICAL HIGH SCHOOL SWIMMER....

- Is looking for continuing improvement with their strokes and swimming skills and to maintain their conditioning. Some HS swimmers are looking to improve to join a more competitive group, while others prefer the lower commitment level of the HS group.
- Is in 9th - 12th grade with some USA Swimming experience, or may just have experience with summer rec leagues.
- Attends regularly for improvement, but there are no formal requirements and HS swimmers are free to miss for other activities.
- Understands that swimming well is a combination of improved stroke technique, execution of skills and good habits, and aerobic fitness and attacks practices accordingly.
- Recognizes the importance of dryland training and demonstrates a willingness to listen to directions and improve their overall athleticism.
- Will have 'favorite events', but will also be encouraged and expected to try events that expand their 'comfort zone'.
- Will be encouraged to compete in several meets a season, including local BAC-hosted meets and potentially some 'out of town' meets.
- Promotes and enhances BAC team culture by promoting a positive environment at practice and with teammates, and by serving as a role model for younger swimmers.

A High School Swimmer may not match every listed bullet point, but should certainly identify well with most of the descriptions. If you have any questions on our groups or for your swimmer specifically, please don't hesitate to email.