

# **MADISON GROUPS:**

## **MIDDLE 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 MIDDLE SCHOOL SWIMMER....**

- Is looking to continue to improve their strokes and swimming skills. Some MS swimmers are looking to improve to join a more competitive group, while others prefer the lower commitment level of the MS group.
- Is in 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade.
- May have some USA Swimming experience or may just have experience with summer rec leagues. They are typically legal, and fairly proficient, in all 4 strokes.
- Attends regularly for improvement, but there are no formal attendance expectations.
- Will be expected to do consecutive efforts of 100 yards with some rest in between and will build up towards longer distances in practice and in meets.
- Recognizes the importance of dryland training and demonstrates a willingness to listen to directions and improve their overall athleticism.
- Has '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 as well as some 'out of town' meets.
- Promotes and enhances BAC team culture by promoting a positive practice environment and modeling a willingness to improve every day!

**A Middle 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.**