

PRACTICE TEAM DESCRIPTIONS

Bronze:

The Bronze team is the entry-level to our competitive team. Swimmers must be able to swim 25 yards freestyle and 25 yards backstroke. This group is primarily instructional with emphasis on developing the fundamentals of the four competitive swimming strokes as well as starts and turns. Games and drills are used to create an enjoyable atmosphere for learning. Very basic aerobic training using drills is introduced in this group. Recommended practice attendance of 2-3 times per week for 45/60 minutes. Practice is offered three times per week to allow for the swimmers to balance other activities with swimming. Swim meet participation is strongly encouraged as competing starts to become part of the learning process.

Bronze 1: Slower pace; legal freestyle and backstroke for competitive swimming. Introduction to fly and backstroke and learn to dive from side/block and flip turns. Practice Equipment: Long Fins, Kickboard

Bronze 2: Faster pace; Work towards all four strokes and turns being legal, efficient, and with good technique; dive from blocks. Practice Equipment: Long Fins, Kickboard, Snorkel, Pull Buoy

Silver 1: (currently Silver 1 and 2 are practicing as one group)

Practice remains predominately technique driven. Emphasis is on continuing to refine good stroke mechanics, starts and turns for the four competitive strokes while progressing toward advanced skill work and efficiency in the water to prepare swimmers for a move to Silver 2. Recommended practice attendance is 3-4 times per week. Practices are offered five times per week. Meet participation is encouraged. Practice equipment: Long Fins, Kickboard, Straight Snorkel, Pull Buoy.

Silver 2: (currently Silver 1 and 2 are practicing as one group)

All four strokes will be emphasized during practices for Silver 2 to develop well-rounded swimmers through continued stroke mechanics and training. As the season progresses, emphasis will shift from drill-based training to aerobic based training. Swimmers are introduced to the ideas of training and how the number of practices, and how the practice is swum, plays a role in how a swimmer performs at a meet. Swimmers are introduced to the idea of setting goals and "being your best". It is highly recommended, but not required for swimmers in this group to practice 3-4 times per week. Swimmers should swim in at least one meet per month and championship meet (Silver State/Regionals or 12 & Under State) at the end of the season. Practices are offered five times per week. Practice equipment: Long Fins, Short Fins, Kickboard, Straight Snorkel, Pull Buoy, Paddles.

Gold 1: (currently Gold 1 and 2 are practicing as one group)

Swimmers have developed the basic competitive swim skills, understand the importance of training and how it will affect their progress through the sport. Skills will be refined while increasing training. Focus will be put on the "little things" that make an enormous impact as the swimmer progresses. Recommended practice attendance is 3-4 times per week. Swimmers

should swim in at least one meet per month and championship meet (Silver State/Regionals or 12 & Under State) at the end of the season. Practices are offered five to six times per week. Practice equipment: Short Fins, Kickboard, Straight Snorkel, Pull Buoy, Paddles.

Gold 2: (currently Gold 1 and 2 are practicing as one group)

The swimmers in this practice team are being prepared to be the next senior level swimmers. This group is a transition from age group swimming to senior level swimming. The main goal for the group is to have any remaining stroke flaws corrected and continue to build an aerobic base. At this level a high commitment and dedication to swimming and the team is required. Training becomes much more important, and practices are offered five to six times per week. It is highly recommended, but not required that swimmers attend four practices per week. Swimmers should swim in at least one meet per month and championship meet (Silver State/Regionals, 12 & Under State or 13 & Over State) at the end of the season. Practice equipment: Short Fins, Kickboard, Straight Snorkel, Pull Buoy, Paddles.
Senior Levels (Generally Summer Prior to High School and Up)

Senior Swimmers:

Senior swimmers have made the decision to continue to improve their skills and competitive achievements through increased training and commitment to the sport. Senior swimmers are high schoolers that range from swimmers that want to keep swimming as an important part of their lives (but may not be their number one focus) and National swimmers who make swimming their number one extracurricular activity and have goals to swim in college. Senior practice is offered in pool six to nine times per week, with most practices being required. An integrated dry land program is offered two to three times per week. It is recommended that swimmers attend all scheduled dry land. Swimmers should swim in at least one meet per month and championship meets (Silver State/Regionals, 13 & Over State and Speedo/National level meets) at the end of the season. Practice equipment: Short Fins, Kickboard, Straight Snorkel, Pull Buoy, Paddles.