

## **GROUP DESCRIPTIONS**

### **INTRO/COMPETITIVE PREP TRAINING GROUP**

#### **Pups**

Pups is the introductory level to HASA and competitive swimming. Through the introduction of drills, skills, and basic competitive swimming fundamentals, our Pups are taught an appreciation of the sport of swimming and prepared to make the jump to our Developmental Bronze Training Group! 45 minute practices are offered 2-3 times a week. A minimum of 2 competitive strokes must be performed legally for 25 yards for entry into Pups. Ideal age (but not limited to) is 6-10 yrs of age.

**Emphasis:** *The primary emphasis of the group will be on stroke development, start certification, drill progressions, lane etiquette, basic stability and coordination dryland and learning to use a pace clock.*

**Attendance:** *Strongly suggest regular attendance*

**Meets:** *Pups are encouraged to compete in at least one HASA Hosted Meet. There will be additional meets available throughout the season as well*

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### **DEVELOPMENTAL TRAINING GROUPS**

#### **Bronze (typical ages 8-12)**

**Skill requirement:** *Able to complete a legal 100 IM, start certification and freestyle flip turn*

**Group emphasis:** *The primary focus will remain on stroke development and refinement, drill progressions, lane etiquette, more advanced stability and coordination dryland, and pace clock usage. This group will begin to learn training techniques, swim short sets and practice starts and turns. Practices are 1 hour, offered up to 4 days/week, with 1 yoga session offered per week.*

**Attendance:** *Regular attendance is encouraged*

**Meets:** *Compete in at least 3 regular season meets is expected*

#### **Silver (Typical ages 8-12)**

**Skill/performance requirement:** *10 and under "B" time in a minimum of 3 strokes and able to complete legal 200 IM and backstroke turn.*

**Group Emphasis:** *Continued focus on proper stroke mechanics through drills and stroke correction while executing an increased swimming and kicking load. Group goals include consistent team behaviors, proper swimming etiquette, consistent practice attendance, meet attendance, and achieving USA Swimming "A" times. Practices are offered for 1 hour, up to 5 days/week, with 1 yoga session offered per week.*

**Attendance:** *70% attendance is expected. Attendance will be taken and attendance records will be considered when selecting relays or making decisions regarding future group placement.*

**Meet Requirement:** *Compete in at least 4 regular season meets plus a qualified championship meet*

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### **AGE GROUP TRAINING GROUPS**

#### **Gold (9-14)**

**Minimum skill/performance requirement:** *10&U "A" time in a minimum of 3 strokes & able to complete sets of 10 x 100 IM @ 1:50, 5 x 200 free @ 3:15*

**Group Emphasis:** Designed for the advanced Age Group swimmers to be in an environment to elevate their commitment to their training while still focusing on mechanics in and out of the water and demonstrating a respectful and positive attitude at practices and swim meets to all team members as these swimmers are prepared to compete at Age Group Champs and become Zone qualifiers. This group generally trains 5-6 pool practices (1.5 hours/practice) and 1-2 yoga sessions per week.

**Attendance:** The expectation of this group is that they are competing at the Regional and State level with the goal of qualifying for the Zone Meet. **Attendance** at the offered practices is expected at a **no less than 70%**. Attendance will be taken and attendance records will be considered when selecting relays or making decisions regarding group placement.

**Meet requirement:** Compete in at least 5 meets and swim in the highest championship meet for which qualified

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### **Junior Elite (11-14)**

**Minimum skill/performance requirement:** 11-12 "AA" time in a minimum of 3 strokes & able to complete sets of 10 x 100 IM @ 1:40, 5 x 200 free @ 2:50

**Group Emphasis:** This is the highest level 14&under competitive training group that HASA offers. This group is designed for swimmers who have dedicated themselves to the sport of swimming, and are capable of consistently performing USRPT training sets in practice, working towards becoming Age Group Champ & Zone finalists. *Designed for the Elite Age Group swimmers to be in an environment to elevate their commitment to their training while still focusing on mechanics in and out of the water.* This high commitment group trains 6-8 pool practices and 2 yoga sessions per week.

**Attendance:** The expectation of this group is that they are competing at the State level and ultimately the Zone level. To compete at this level the commitment to the sport should begin to solidify and as such **attendance** at the offered practices is expected at a **no less than 80%**. Attendance will be taken and attendance records will be considered when selecting relays or making decisions regarding future group placement.

**Meet requirement:** Compete in at least 6 meets (SCS), 4 meets (LCS) and swim in the highest championship meet for which qualified

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## **TECHNIQUE/FITNESS TRAINING GROUP**

### **Middle School & High School Training Group**

**Minimum skill/performance requirement:** Able to complete legal 200 IM

**Group emphasis:** Designed for the Middle School and High school aged swimmer who wants to develop their competitive swimming skills without committing to the more rigorous 5-6 day a week training expected of advanced groups. Practices offered three to four times a week, meets are available but optional. *This Training Group can serve as a great place to continue a swimmer's progress begun in their high school swim team, prepare swimmers for the next high school season, or as a springboard into more advanced training groups. There are no attendance requirements although swimmers are encouraged to attend as many practices per week as possible to maximize the benefits of training.*

**Practice Sessions/Week:** 3-4

**Meets:** Meets are available but optional. Swimmers in this training group will not be placed on relays at Championship Meets but are encouraged to swim at these meets if qualified individually. Additionally, swimmers in this training group will not be able to attend elite level meets (Showcase Classic, Sectionals, etc.) even if qualified.

**Attendance:** Regular attendance encouraged

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## **SENIOR TRAINING GROUPS**

### **Senior (15&up)**

**Minimum Skill/performance requirement:** 13-14 "B" time in a minimum of 3 strokes and minimally able to complete a set of 5 x 200 free @ 3 and 10 x 100 IM @ 1:40

**Group Emphasis:** Designed for Senior swimmers that have the ability, desire and commitment to continue and develop their competitive swimming career with our Team. Race specific training is done based on stroke and distance (i.e. 1650/1000 and 200 stroke USRPT sets, etc.) within this group. This group trains 5-7 pool practices a week and is offered 2 yoga sessions per week as well. The focus of this group is excellence at the MRC & State level.

**Attendance:** Swimmers are expected to maintain a **minimum of 75% attendance** at offered practices. Attendance will be taken and attendance records will be considered when selecting relays or travel meets.

**Meet requirement:** Compete in at least 2 regular season meets during the SC Season (3 meets in the LC Season) and in the a Championship Season Meet

**Equipment requirement:** Full length Fins, pull buoy, Nose Clip and Finis agility paddles (Center Mount Snorkel optional)

Swimmers that do not meet the attendance and/or competition requirements for this group will be moved to the High School Training Group

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### **Senior Elite (13&up)**

**Minimum Skill/performance requirement:** Individual Senior Champ qualifying times or 13-14 "AA" in at least 3 events

**Group Emphasis:** This is the highest level competitive group that HASA offers. Recommended for swimmers 13 and over who participate in Sectional and National competitions with a strong emphasis on ISCA & USA Junior Nationals. This group also is focused on qualifying swimmers to be USA Swimming Scholastic All-Americans. This high commitment group trains 6-9 pool practices a week, 2 yoga sessions per week with the goal of offering a structured strength program starting in Fall 2017 as well. Swimming in college is another main objective of swimmers in this Group and assistance with the recruiting process will be provided. There is also an emphasis on service as well as giving back to and being leaders for HASA.

**Attendance:** Swimmers are expected to maintain a **minimum of 80% attendance** at offered practices. Attendance will be taken and attendance records will be considered when selecting relays or making decisions regarding elite meet attendance.

**Meet requirement:** Compete in at least 6 regular season meets (HS swimmers - at least 2 regular season meets) and swim in the highest championship meet for which qualified (or as decided with the coaching staff). **All swimmers (and their parents) in this Training Group must attend a mandatory meeting to discuss the seasonal training/meet plan which includes identifying the season focus meet(s) and expected team travel.**

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**The Coaching Staff will make all final determinations regarding group assignments.**

[Updated 2017-08-10]