

Group	Description/ Focus	Age Groups	Requirements for joining	Weekly Practice Requirements	Meet Recommendations
Iron	Stroke introductions, body position, streamlining, kicking, swimming jargon	7-12	Unaided 25 front crawl, 25 backstroke, 25 flutter kick	2-3	Intrasquad meets and 1 USA meet near the end of the season
Bronze	Stroke intros continue, starts and turns, endurance, reading clocks	7-12	Non stop 100 free, 50 backstroke, 25 breaststroke	3 or more	At least 2 per season
Silver	Stroke refinement, training for endurance and speed	8-12	Non stop 200 free, 100 IM, all turns	3 or more	At least 3 per season
Gold	Stroke refinement, training for competition	8-12	Highly competitive, near or at 10U state qualifying times	3 or more	Competes at least every 3-4 weeks
Junior	Stroke refinement, training for endurance and speed	11-15	Competency in all competitive strokes	3 or more	Competes at least every 3-4 weeks
Junior+	Stroke mastery and refinement, training for competition, race strategy	11-15	Highly competitive, near or at 13-14 state qualifying times	3 or more	Competes every 2-3 weeks ~2 per month
Senior	Stroke maintenance and refinement, fitness and strength preparation for high school competition	14 and older	Capable of training at a JV high school level	3 or more	Competes at least every 3-4 weeks
Senior+	Stroke mastery and maintenance, year-round training for high level competition	14 and older	Highly competitive, near or at 15+ state qualifying times	4 or more	Competes every 2-3 weeks ~2 per month