

AG Virtual Posters

Below are short blurbs explaining the purposes of the posters for each group. Each describes the goals for each groups' poster, and what the different colors and numbers displayed mean. Hopefully, these posters will serve as motivation for the swimmers to try new races, and achieve higher levels of performance.

Express Super 8's

The Super 8's poster is meant to be a way of tracking the swims of the members of the group. The focus of the group is to swim a legal 25 of each stroke and a legal 100 IM. We have also put an emphasis on the swimmers' times in those races to reflect those who have achieved times of "under :30," "under :25," and "under :20." Legal completion of 50s and 100s of the strokes is also recognized with different colors.

AG White

Similar to the Super 8's poster, we want to encourage the swimmers to be able to compete and legally finish a race in all four strokes 100 free, and 100 IM. Since there are no 25s for 9 year olds or older, their poster reflects racing the 50s and 100s of the strokes, 100 and 200 Individual Medleys. Swimmers will be recognized for races they have competed in during the current season. They are also going to be challenged to achieve the USA Swimming IM-Ready status. Please see the attached document that outlines the IM-Ready program.

AG Black and AG Performance

The focus of the AG Black group is to continue to recognize legal completion across a broader range of races, as well as achieve WI State, Regional, and National Level cuts in their races. They are also going to be challenged to achieve the USA Swimming IM-Xtreme status. Please see the attached document that outlines the IM-Xtreme program. Swimmers will be recognized for WI State cuts they are eligible to compete in at the end of the season, not necessarily for their current age.

Please be patient as some of the posters may be incomplete in documenting achievements. They will be updated as soon as possible. Let me know if there are any questions. Thank you.

Coach Dan