

GOLD: (Coaches: Eric Holden/ Asst. Age Group Coach TBD)

Description:

The Gold Squad is the top level of our Age Group Program. Gold is designed to prepare the swimmers for the transition into our 13&over programs. Swimmers in this group have six (6) practices per week, plus two (2) dryland practices focusing on body awareness, flexibility, and body weight strength. Practices range from one hour thirty minutes up to one hour forty-five minutes in length. Practice attendance is not required for this group but it is recommended that swimmers attend at least four (4) out of the six practices each week. Swimmers in this group should be able to train repeats freestyle up to 500 yards and 100's of all strokes with strong technique. Swimmers learn advanced stroke technique and race strategy. Swimmers will compete in USA Swimming invitationals, in addition to their expected attendance in the CT YMCA State Championship Meet, CT Regionals, and CT Age Groups for those who qualify. Swimmers new to the program must be evaluated by a member of the coaching staff prior to enrollment.

Prerequisites:

- Swim a continuous 500 yard free with flip turns and streamlines.
- Swim a legal 200 IM
- Swim a legal 100 of all four competitive strokes.
- Demonstrate a willingness to train and compete in all strokes/distances.
- Demonstrate a commitment to improving in the sport and consistent practice attendance habits (4 out of 6 practices per week)
- Understand and demonstrate the YMCA's 4 core character values of CARING- RESPECT- HONESTY- RESPONSIBILITY

