

YOTA – Chapel Hill

Competitive Training Levels offered at Chapel Hill YMCA

Green: “Age group beginner competitive”

This is an entry-level developmental group for ages 9 and younger.

The minimum standards and expectations for entry into this group is 25 yards of freestyle and backstroke while demonstrating proper technique and streamlines.

Swimmers in this group must be able to demonstrate great listening and behavioral skills.

*This group practices up to three times per week for 60 minutes.

White: “Age group moderately competitive”

This is a group for ages 9 - 11 and is designed to build upon technical skills in all four competitive strokes, while also developing a strong aerobic foundation and learning about training disciplines. Skills will be taught with an emphasis on fun and teamwork to ensure that all athletes develop a long-term love for the sport.

Athletes will also focus on starts, turns, underwater streamline, underwater kicking and conditioning work. Swimmers will also participate in some basic dryland conditioning emphasizing core body strength.

*This group practices up to four times per week for 75 minutes.

Purple: “Age group competitive”

This is a competitive training group designed for ages 10 - 12 to prepare swimmers for state and regional levels of competition. The emphasis of the Purple group is on mastering the following skills necessary to be successful competitive swimmers: training etiquette, advanced stroke mechanics, race strategies, goal setting, proper nutrition, mental preparation, and the ability to handle increasing training workloads. Developing consistent and committed training habits is a priority in this group.

Swimmers will participate in a dryland program to help develop strength in their core, shoulders, legs, and overall body control and coordination. Acceptance into this group is based on specific site space and needs as determined by the YOTA Swim Team Site Director.

*This group practices up to five times per week for 90 minutes

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Silver: “Age group highly competitive”

This is the highest competitive training group at the age group sites. This group is designed for swimmers ages 11-14 to train them for YMCA and USA Swimming state, regional and national levels of competition.

The emphasis of the group will be on developing aerobic capacity through increased swimming volume, intensity, and kicking. Development of progressive stroke technique, race strategies, creating proper nutrition habits, individual goal setting and understanding of the importance of proper mental preparation. Training will also include a specifically designed dry land conditioning program.

At this point, swimming is becoming one of your main activities thereby meet and practice attendance is becoming more important to include the summer months. Continue to develop a strong work ethic for preparation required for potential placement in the senior groups.

*This group practices up to six times per week for 105 minutes.

Things to remember with the Age Group program:

- Group moves are a coaching decision.
- The staff has nothing to gain by retaining or moving your athlete to a group.
- Each individual develops at a different rate. A child’s current group placement is not a determination of the long term success of your child.
- Try not to compare your child with others at your site or another site.

Some factors associated with group movement:

- Attendance, work ethic, attitude, training ability, and performance.
- As well as: actual age, physical maturation and cognitive capacity.