**Group 6** -

Group Description –

* This is the team’s introductory level into competitive swimming, geared toward younger beginner swimmers (7-9 year olds).
* This is where a strong base in fundamentals and aquatic motor skills is developed, upon which all their future swimming will be based.
* The primary emphasis is on the refinement of Free and Back and the completion of legal Breast and Fly. Speed will be secondary to developing fundamentals.
* This group is focused on teaching in a group/team environment.
* The emphasis is on having fun while learning about competitive swimming and swim team.

Group Requirements –

* Drop & Push Starts
* Streamlines
* 50y Free unassisted, with rhythmic side breathing
* 50y Back unassisted, with known finish count
* Working knowledge of Breaststroke/Butterfly

Training Methods –

* Training will be technique-oriented as they continue to develop all four strokes.
* There will be a heavy emphasis on kicking.
* Emphasis will be put on the development of 50s of all the strokes.

Competition Expectation –

* This group is expected to participate in Team Meets (Intrasquad Meets; Candy Meet Series, etc)

Practice times –

* M-F from 5:00 - 6:00pm (5:00 - 5:30 dryland instructions; 5:30 - 6:00 swim).
* Dryland will be an opportunity for social bonding and to discuss the skills to be taught at practice that day.
* Swimmers are expected to attend a minimum of 2 practices per week.
* Swimmers are able to sign up for up to 3 practices per week.

Required Equipment –

* Goggles & Swim Cap (if hair is longer than shoulder length)
* Long Swim Fins
* Kickboard
* Positive Energy

Cost –

* $125/month (for ACH)
* $185 annual registration fee

Primary Coach –

* Bruce Smith

**Group 5** -

Group Description –

* This group will build off their experience in Group 6, geared toward younger beginner swimmers (7-10 year olds).
* The primary emphasis continues to be the development of all four strokes, in addition to starts, turns and competition. Speed will continue to be secondary to developing fundamentals, as proper fundamentals will be key to their success at the next level where training intensity will increase.
* This group is focused on teaching in a group/team environment.
* The emphasis is on having fun while learning about competitive swimming and swim team.

Group Requirements –

* Drop & Push Starts
* Streamlines
* 50y of each of the 4 competitive strokes
* Open Turns

Training Methods –

* Training will be technique-oriented as they continue to develop all four strokes.
* Kicking remains a heavy emphasis.
* Emphasis will be put on the development of the 100 IM and 100 Free

Competition Expectation –

* This group is expected to participate in Team Meets (Intrasquad Meets; Candy Meet Series, etc)
* This group’s goal is to be prepared to attend one Pacific Swimming Meet per trimester, once meets resume

Practice times –

* M-F from 5:00 - 6:00pm (5:00 - 5:30 dryland instructions; 5:30 - 6:00 swim).
* Dryland will be an opportunity for social bonding and to discuss the skills to be taught at practice that day.
* Swimmers are expected to attend a minimum of 2 practices per week.
* Swimmers are able to sign up for up to 3 practices per week.

Required Equipment –

* Goggles & Swim Cap (if hair is longer than shoulder length)
* Long Swim Fins
* Kickboard
* Positive Energy

Cost –

* $125/month (for ACH)
* $185 annual registration fee

Primary Coach –

* Bruce Smith

**Group 4**

Group Description –

* This group is designed for 9-12 year old swimmers who are on the competitive track.
* This group, along with working on stroke technique, is beginning the training and conditioning aspect of the sport - learning about intervals, clock management, racing and pacing.
* Continued focus on technique, plus introduction to "sets" to build aerobic capacity and speed

Group Requirements –

* Ability to swim repeat, nonstop 100s Free with flip turns
* Can complete a legal, nonstop 100 IM
* Flip Turns and Open Turns
* Underwater dolphin kicks and pulldowns
* Racing Start

Training Methods –

* Introduction to swim sets and conditioning workouts to begin building their endurance and overall fitness.
* Workouts will introduce hard work in a fun, supportive, team environment.
* Emphasis will be put on the development of the 200 IM and 100s of the strokes
* Stroke technique and race skills are emphasized

Competition Expectation –

* Required participation in Team Meets (Intrasquad Meets; Candy Meet Series, etc)
* Attend 1-2 Pacific Swimming Meet per trimester, once meets resume.

Practice times –

* M-Sat from 5:30 - 6:40pm (5:30 - 6:00 dryland instructions; 6:00 - 6:40 swim).
* Dryland will work on developing overall athleticism and strength, discuss mental and life skills, and talk about the skills being taught in practice that day.
* Swimmers should strive to attend 3 practices per week.
* Swimmers are able to sign up for up to 3 practices per week.

Required Equipment –

* Long Swim Fins
* Kickboard
* Paddles (Strokemaker #.5)
* Pull Buoy
* Snorkel (Optional)
* Gear Bag (Optional)

Cost –

* $180/month (for ACH)
* $185 annual registration fee

Primary Coach –

* Jenna Campbell

**Group 3**

Group Description –

* This group is designed for 11-14 year old swimmers who are on the competitive track.
* Swimmers in this group are proficient in all the competitive strokes, have competitive experience and have a working knowledge of conditioning/training techniques.
* This group continues developing and refining stroke technique for racing.
* Training continues to develop speed and aerobic capacity.
* Introduced to a higher level of training where they have to practice working outside their comfort zone.

Group Requirements –

* Ability to swim repeat 100s free on 2:00
* Ability to swim a legal non-stop 200 IM
* Ability to kick repeat 50s on 1:10
* Legal in all swim skills (strokes, turns, etc.)
* Competitive experience.
* Clock, interval and set awareness
* Able to swim multiple sets in a workout

Training Methods –

* Workouts will continue to introduce hard work in a fun, supportive, team environment, with higher weekly yardage.
* Emphasis will be put on exposing them to the 200s of the strokes and longer distance freestyle events.
* Practices will be geared toward developing race strategies.
* A season plan based on the upcoming meet schedule is introduced.

Competition Expectation –

* Required participation in Team Meets (Intrasquad Meets; Candy Meet Series, etc)
* Attend 1 USA Swimming Meet per month, once meets resume.
* Working toward qualifying for Zone Championships, Junior Olympics, Far Westerns, and Pacific All-Stars
* Dryland becomes a more integral part of training.

Practice times –

* M-Sat from 6:00 - 7:20pm (6:00 - 6:40 dryland instructions; 6:40 - 7:20 swim).
* Swimmers are expected to attend 3 practices per week.
* Swimmers are able to sign up for up to 3 practices per week.

Required Equipment –

* Long Swim Fins
* Kickboard
* Paddles (Strokemaker #.5)
* Pull Buoy
* Snorkel
* Gear Bag (Optional)

Cost –

* $180/month (for ACH)
* $185 annual registration fee

Primary Coach –

* Bruce Smith

**Group 2**

Group Description –

* This group is designed for 12-14 year old swimmers and high school swimmers who want to prepare for their high school seasons.
* This group comes in with a strong competitive swimming experience and is committed to swimming and competing in meets.
* Swimmers will continue to work on stroke technique, while trying to balance their skill level in all their strokes to eliminate imbalances in their IM.
* Swimmers in this group will be exposed to an increased role in goal setting, race strategies, leadership and seasonal planning.
* Training levels step up in this group to prepare them for the intensity of Trials & Finals meets, to prepare them for Group 1 and High School Swimming.

Group Requirements –

* Ability to swim repeat 100s free on 1:50
* Ability to kick repeat 50s on 1:00
* Ability to do repeat 200 IMs
* Self reliant on clock and interval management
* Understand that successful swimming comes from a willingness to challenge one’s comfort zone.

Training Methods –

* Workouts will be based upon hard work in a supportive, team environment
* Emphasis will be put on the development of the 200s of the strokes, 400 IM and longer distance freestyle events.
* Practices will be geared toward developing race strategies.
* The season plan will be based on the upcoming target meet.
* Dryland is an integral part of training.
* Swimmers continue to develop good habits for all events in the interest of their long-term development in the sport.

Competition Expectation –

* Attend one USA Swimming Meet per month, once meets resume.
* Working toward qualifying for Junior Olympics, Far Westerns and the team’s travel meets

Practice times –

* M-Sat from 6:00 - 7:20pm (6:00 - 6:40 dryland instructions; 6:40 - 7:20 swim).
* Swimmers are expected to attend 3 practices per week.
* Swimmers are able to sign up for up to 3 practices per week.

Required Equipment –

* Long Swim Fins
* Kickboard
* Paddles (Strokemaker #1.0)
* Pull Buoy
* Snorkel
* Gear Bag (Optional)

Cost –

* $180/month (for ACH)
* $185 annual registration fee

Primary Coach –

* Bruce Smith

**Group 1**

Group Description –

* This group is the top-level group of the PASA Menlo Park, designed for high school age swimmers.
* This group is designed for swimmers who already have multiple years of experience competing and training in the sport of swimming
* Swimmers in this group are expected to have short and long term swimming goals
* Leadership Skill are strengthened (responsibility, set proper examples, look at the big picture, follow and lead swim sets, etc)
* Swimmers are encouraged to consider swimming in college at any level. The coaches will help swimmers in the college recruiting process.

Group Requirements –

* Ability to swim repeat 100s free on 1:40
* Ability to kick repeat 50s on :55
* Ability to swim repeat 200 IMs on 3:30
* Have established goals in the sport of swimming and have decided this is their primary sport.
* Self driven to work hard to improve
* Have defined Short and Long term goals.
* Must take part in Leadership sessions, coaching Groups 5 & 6 when allowed.

Training Methods –

* Emphasis will be put on the development as a 200 IMer as well as emphasizing their specialty event and distance.
* Extensive dryland training becomes a crucial component to swimming success

Competition Expectation –

* Expected to compete in all scheduled meets.
* Working toward qualifying for Far Westerns, Sectionals, Team’s travel meets and Futures.

Practice times –

* M-Sat from 6:20 - 8:10pm (6:20 - 7:20 dryland; 7:20 - 8:10 swim).
* Swimmers are expected to attend 3 practices per week.
* Swimmers are able to sign up for up to 3 practices per week.

Required Equipment –

* Long Swim Fins
* Kickboard
* Paddles (Strokemaker #1.0 or #2.0)
* Pull Buoy
* Snorkel
* Gear Bag (Optional)

Cost –

* $230/month (for ACH)
* $185 annual registration fee

Primary Coach –

* Jenna Campbell & Bruce Smith