

## Training Group Breakdown

### **Beginners**

Elementary/Middle School

A group designed for swimmers that are ready to develop their swimming fundamentals into competitive strokes. Swimmers must be able to swim/kick independently for 25 yards. Emphasis will be on basic competitive fundamentals including body position, breathing, rhythm skills, and breath control. The long axis strokes (free and back) will be taught as well as introduction to the short axis strokes (fly and breaststroke) will be taught as the season progresses.

**Goals for this group:** Learn to enjoy swimming, make new friends, learn to train as an athlete, learn how to use training equipment (buoys, kickboards, paddles), learn pace clock techniques, proper starts and turns, individual medley

### **White**

Elementary/ Middle School

This group will build off fundamentals learned in the beginner group and will continue to perfect the long and short axis strokes while implementing these lessons into organized sets. This group must be able to swim 50 yards of freestyle, backstroke, and breaststroke and 25 yards of butterfly. This group will incorporate dryland training 3 times a week. 70% practice attendance is expected to be a part of this group. Consistent use of streamlines, flip turns, touch turns, and rhythmic breathing must be mastered before moving to the blue group.

**Goals for this group:** Make new friends, learn to train as an athlete, Learn pace clock techniques, 100/200 yd freestyle race technique, proper starts and turns, four stroke competent, enjoy sport of swimming, working towards “B” cuts or better.

### **Blue**

Advanced Elementary/ Advanced Middle School

This group is for our committed and experienced age group swimmers. Swimmers have developed all four competitive strokes and are ready to enhance their stroke work as well as incorporate training principals. Emphasis will be on developing the IM swimmer as well as consistently performing competitive skills. This group will incorporate dryland training 4-5 days a week. 80% practice attendance is expected. Competition attendance is highly encouraged. Must be able to complete 4 x 50's of each stroke and be recommended by the coach.

**Goals for this groups:** Enjoy sport of swimming, learn training techniques, learn importance of nutrition, 200/400 IM racing skills, 100/200/500/1650 freestyle racing skills, working towards “A”-“AA”, Divisional and State Cuts

### **Senior/College**

Advanced 8<sup>th</sup> Grade/ High School/ College Athletes

These groups include incoming freshmen, current high school swimmers and college athletes. It is an all-around swimming program that includes dryland training, advanced stroke techniques and aquatic workouts. Practice and competition attendance is highly recommended for this group.

**Goals for this group:** Enjoy sport of swimming, learn history of sport, weight and nutrition training, heart rate training, test sets, working towards “A”-“AAA”, Divisional, State, Zone and National Cuts