



TRAINING GROUPS:

Bronze Group

Age 6-8 (40-50 minutes, 3-4 workouts/week)

Must be able to swim 25 yard free, 25 back and have beginning knowledge of fly and breast
Suggested Attendance: at least 3x week
Primary focus is on learning correct technique

Silver Group

Age 9-11 (40-50 minutes, 3-4 workouts/week)

Must be able to swim 25 yard free, 25 back and have beginning knowledge of fly and breast
Suggested Attendance: at least 3x week
Primary focus is on learning correct technique

Gold Group

Age 11-14 (60-75 minutes, 4 workouts/week)

Primary focus is on perfecting technique and developing kick
Suggested Attendance: at least 3x week
Test Set Requirements:

Gold Group	4x100 Free	4x50 Kick	100 IM
SCY	2:10	1:15	2:00 & Legal
SCM	2:20	1:20	2:15 & Legal

Junior Team

Age 11-14 (90-120 minutes, 5-6 workouts/week)

Primary focus is on aerobic development and preparing for Senior Team
Expected Attendance: 5x week
Test Set Requirements:

Junior Team	8x100 Free	8x50 Kick	200 IM
SCY	1:40	:55	3:00
SCM	1:50	1:00	3:25

Varsity (Senior II)

Age: 14+ (90-120 minutes, 5-6 workouts/week)

Primary focus is on swimming fast in high school season

Senior Team

Age 14+ (120-150 minutes, 6-8 workouts/week including AMs)

Primary focus is on reaching National level and/or competing in college
Required Attendance: At least 90% (expected 100%) of workouts & all meets – including travel meets.
Test Set Requirements:

Senior Team	12x100 Free	12x50 Kick	500Y Free / 400M Free	400 IM
SCY	1:15	:45	5:30 boys / 5:50 girls	5:00 boys / 5:15 girls
SCM	1:20	:50	5:00 boys / 5:10 girls	5:45 boys / 6:00 girls

**All Training Group Assignments are done by the coaching staff. Each swimmer is evaluated individually.*