



## TRAINING GROUPS:

### Bronze

1<sup>st</sup> & 2<sup>nd</sup> Graders (Age 6-8)

30-40 minutes, 3-4 practices/week

Primary focus is on learning correct technique including kick technique.

Team Entrance Requirements: 25 free with side breathing

25 backstroke

50 Free Kick (with kick board)

Competitive Focus: 25s and 50s of each stroke.

### Silver

3<sup>rd</sup> & 4<sup>th</sup> Graders (Age 8-10)

45-50 minutes, 3-4 practices/week

Primary focus is on learning correct technique & improving kick speed.

Test Set Entrance Expectations: 100 IM done legally

100 Free breathing every 3 with flip turns

2x100 Free Kick @ 3:00

Competitive Focus: 100IM, 100/200Free, 100s of each stroke.

### Gold

5<sup>th</sup> & 6<sup>th</sup> Graders (Age 10-12)

60-70 minutes, 4-5 practices/week

Primary focus is on perfecting technique and beginning aerobic development.

Test Set Entrance Expectations: 200 IM done legally

4x100 Free @ 2:20yards / 2:30meters

4x100 Free Kick @ 2:30yards / 2:40meters

Competitive Focus: 200IM, 500/1000Free, 100s & 200s of each stroke.

### Junior

7<sup>th</sup> & 8<sup>th</sup> Graders (Age 12-14)

90+ minutes, 5-6 practices/week

Primary focus is on advanced technique and aerobic development (500 Free & 400 IM)

Test Set Entrance Expectations: 2x200 IM @ 4:00

8x100 Free @ 1:50yards / 2:00meters

8x100 Free Kick @ 2:10 yards / 2:20meters

Competitive Focus: 400IM, 1650 Free, 200s of each stroke.

### Senior

High School Age

105-120minutes, 6+practices/week

Primary focus is on competing at SJS Championships and Junior Olympics

Test Set Entrance Expectations: 12x100 Free @ 1:30yards / 1:40meters

12x100 Free Kick @ 1:50yards / 2:00meters

### Senior Elite

High School Age

120+minutes, 6+practices/week

Primary focus is on reaching National level and/or competing in collegiate swimming.

REQUIRED Attendance: 90% (expected 100%) of workouts & meets – including travel meets.

Senior Elite Test Set Requirements: 20x100 Free @ 1:15yards / 1:20meters

20x100 Free Kick @ 1:30yards / 1:40meters

500/400 Free - girls: 5:45y/5:10m / boys: 5:30y/5:00m

400IM - girls: 5:15y/6:00m / boys: 5:00y/5:45m

*\*The above are guidelines. Individual training group assignments are done by the coaching staff.*