

INITIAL SKILLS REQUIRED TO JOIN THE CLUB TEAM

- ★ 25 free & backstroke unassisted ★ Float on Back ★ Enter/Exit Pool safely ★ Follow vocal instruction

INITIAL GROUP FOCUS: swim etiquette, vocabulary, basic skills and drills, continued development on long axis strokes, beginning/intermediate development on short axis strokes. Develop legal starts, turns and understanding intervals.

Athletes will be assigned to groups based on their abilities and goals. Age ranges are approximate.

CONDITIONING GROUPS

SWIM FIT

Ages: 5 - 17

Practice 3 - 4x a week

Conditioning Group

May participate in Home Meets



REQUIRED SKILLS

- 25 Freestyle and 25 Backstroke unassisted
- Able to enter and exit pool safely

GROUP FOCUS

continued development of freestyle & backstroke, introduction to breast stroke and butterfly. Focus on fitness goals rather than competition goals.

EAGLES

Ages: High School

Practice 3 - 5x a week

May participate in Home Meets



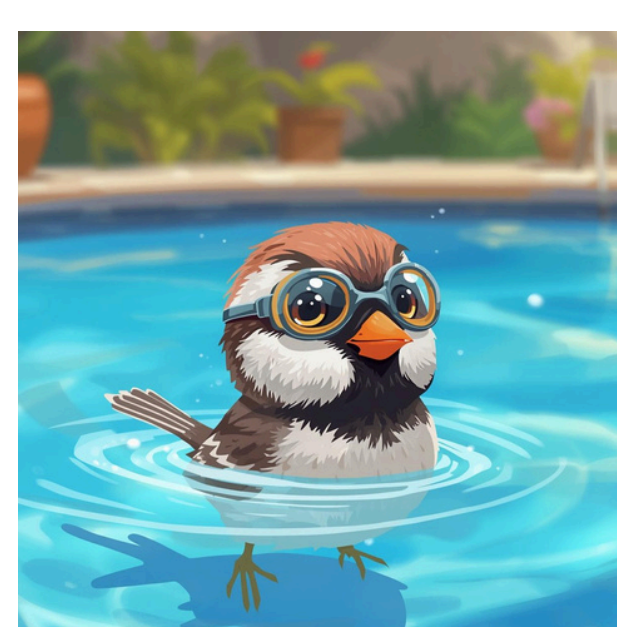
REQUIRED SKILLS

- Starts and Turns
- Self directed intervals
- 25 of all competitive strokes

GROUP FOCUS

Continual fitness and conditioning while improving skills for conditioning purposes.

COMPETITIVE GROUPS



SPARROWS

Ages: 5 - 10

Practice: 4 - 6 times a week
Home and Novice Meets

REQUIRED SKILLS

- 25 free & 25 back
- Able to enter and exit pool safely.
- Able to read pace clock.
- Able to follow verbal instruction.

GROUP FOCUS:

Technique focus on long axis strokes, with beginning development in short axis strokes, starts and turns. Dryland activities focus on flexibility, coordination and proper body alignment.

Progression Goal: Swifts



SWIFTS

Ages: 5 - 10+

Practice: 4 - 6 times a week
Home, Novice and Qualified Committee Meets

REQUIRED SKILLS

- 50 free & 50 back
- 25 Breast & 25 Fly
- 100 IM
- Dive from Side
- Legal starts & turns
- Ability to read and execute intervals independently.
- Must meet minimum interval requirements

GROUP FOCUS:

Technique focus on all 4 competitive strokes, starts and turns, beginning race strategy, speed development, core development. Dryland activities focus on flexibility, coordination and strengthening the core.

Progression Goal: Blue Jays



BLUE JAYS

Ages: 11/12

Practice 5 - 7 times a week
Home, Qualified Committee Meets, Regional Meets

REQUIRED SKILLS

- 100 free & 100 back
- 50 Breast & 50 Fly
- 200 IM
- Intermediate Starts & Turns
- Self directed intervals and understanding of complex sets
- Must meet minimum interval requirements

GROUP FOCUS:

Intermediate technique development with an emphasis on body awareness, goal setting and race strategy. Dryland activities focus on continued flexibility, full body strengthening and quick twitch development.

Progression Goal: Falcons



FALCONS

Ages: 13 - 18

Practice 6 - 10 times a week
Home, Qualified Committee Meets, Regional & National Meets

REQUIRED SKILLS

- 100 in all strokes / - 400 IM
- Advanced Starts & Turns
- Self directed intervals and understanding of complex sets
- Must meet minimum interval requirements

GROUP FOCUS:

Advanced technique and development with the use of weight and training aids. Comprehensive dry land training program emphasizes strength training, quick twitch development, flexibility, and visualization. Focused on maximum performance quality including goal setting and complex race strategy. Preparing athletes for Elite level