

CONDITIONING GROUPS

COMPETITIVE GROUPS

	Age	Practices	Swim Meet Participation	Required Skills	Group Focus
 SWIM FIT	5 - 17	3x a week	May participate in Home Meets	25m Freestyle unassisted 25m Backstroke unassisted - Able to enter and exit the pool safely	- Continued development of freestyle & backstroke, introduction to breaststroke and butterfly. - Focus on fitness goals rather than competition goals.
 EAGLES	14 - 18	3x a week	May participate in Home Meets	- Starts and Turns - Self-directed intervals 25m of all competitive strokes	Build and maintain fitness while continuously improving swimming skills.
 PENGUINS	5 - 10	3x a week	Home & Novice Meets	25m Freestyle & 25m Backstroke - Able to enter and exit the pool safely - Able to read a pace clock - Able to follow verbal instructions	- 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: RED ROBINS
 RED ROBINS	6 - 10	4x a week	Home, Novice, and Qualified Committee Meets	50m Freestyle & 50m Backstroke 25m Breaststroke & 25m Butterfly 100m Individual Medley - Dive from Side - Legal starts and turns - Ability to read and execute intervals independently. <i>Must meet minimum interval requirements</i>	- 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	11 - 12	5x a week	Home, Qualified Committee Meets, and Regional Meets	100m Freestyle & 100m Backstroke 50m Breaststroke & 50m Butterfly 200m Individual Medley - Intermediate Starts & Turns - Self-directed intervals and understanding of complex sets. <i>Must meet minimum interval requirements</i>	- Intermediate technique expansion 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	13 - 18	6x a week	Home, Qualified Committee Meets, Regional & National Meets	100m in all strokes 400m Individual Medley - Advanced Starts & Turns - Self-directed intervals and understanding of complex sets. <i>Must meet minimum interval requirements</i>	- 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