



Group	Minimum Technique Requirement	Practice Technique Focuses	Technique Goals to Progress to Next Level	Meet Participation Options *Focus Meets*
Age Group Clinic 1-50 Minute Practice a week	25 Free 25 Back Familiar with, but not necessarily legal in breast and/or fly	Body Position Kicking Streamlines Freestyle Backstroke Intro to Fly and Breast	Streamline Start & finish on wall No walking on bottom Possible familiarity with Breaststroke and Butterfly	Clinic Meets
Age Group 1 2- 1 Hour Practices a week Age 9 & Under	50 Free 25 Back Familiar Breaststroke and Butterfly (May not be legal)	Body Position Kicking Streamlines Continue development of all 4 strokes and flip turns Open turns Practice skills- pace clock and distances, appropriate behavior, lane etiquette	Streamline Start & finish on wall Legal in Breaststroke and/or Butterfly Beginning technique on flip turns 50 Free 50 Back Speed Devil Achievement and meet participation a plus	Monster Mash November Mini Meet Mako Holiday Polar Bear February Mini Meet Mini Champs Spring Sprints
Age Group 2 2-1 Hour Practices a week Age 10 & Under	50 Free 50 Back Legal in Breaststroke and/or Butterfly for 25 yards	Body Position Kicking/ beginning understanding of underwater dolphin kicks Streamlines Continue development of all 4 strokes and flip turns Open turns Practice skills- pace clock and distances, appropriate behavior Learn independence at Swim Meets	Proficient in streamlines with beginning use of underwater dolphin kicks Legal in all 4 strokes 100 Free and 100 IM 100 Back 50 Breast 25 Fly Understanding of Pace Clock Understanding of race and practice distances	Monster Mash November Mini or Swim & Rock Mako Holiday Polar Bear February Mini or 18 & Under Mini Champs Spring Sprints

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Age Group 3 3-1 Hour Practices a week Age 12 & Under	100 Free 100 Back 50 Breast 25 Fly 100 IM Understanding of Pace Clock Understanding of race and practice distances	Body Position Kicking/ Underwater Streamlines Continue development of all 4 strokes and flip turns Open turns Practice skills- mastering pace clock and distance variations. Speed Variations- Building/ Pacing/ Descend/ Sprint/ Easy Appropriate behavior during practice. Independence at Swim Meets.	Proficient in streamlines with underwater dolphin Kicks Speed Devil Achievement	Monster Mash; Swim & Rock; Mako Holiday or Winter Classic (if qualified); Polar Bear; IMX if qualified (with full participation in meet); 18 & Under Qualifier; Junior Olympics (if qualified); and Spring Sprints
Age Group Select 4 Practices a week Age 10-13	Completion of Acceptance Set Strong foundation in all 4 strokes Increased commitment to swimming and training Participation in Meets Parent/Swimmer/Coach contract with regular review of goals	Aerobic Endurance Competitiveness Maintaining technique during sets Begin understanding of nutrition Dryland and core conditioning begin Year Round including LC Goal Setting Learning how to compromise with life activities Race and Practice Mentality Talk about Progression of events and specialties Learn how to swim/pace 200 events - all strokes	Completion of Acceptance Set Increased commitment to swimming and training - may still participate in other sports with understanding and compliance with expectations for swimming. Participation in Meets Strong foundation in all 4 strokes Goal to progress to Gold- Experience in swimming 200 of all strokes/ 500 Free	Monster Mash Swim & Rock Mako Holiday or *Winter Classic if Qualified* AI Soltis 18 & Under Champs *Junior Olympics if Qualified* Long Course Meets as designated by coaches

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Bronze 3 Practices a week Age 11-14	50 Free 50 Back Legal in Breaststroke and/or Butterfly	Body Position Kicking/ Underwaters Streamlines Continue development of all 4 strokes and flip turns Open turns Practice skills- mastering pace clock and distance variations. Appropriate behavior during practice. Independence at Swim Meets.	100 Free 100 Back 100 Breast 50 Fly 200 IM Understanding of Pace Clock Understanding of race and practice distances Desire for increased commitment to swimming and training Continuous Meet Participation	Monster Mash Swim & Rock Mako Holiday or Winter Classic if Qualified Polar Bear 18 & Under Champs Junior Olympics if Qualified Spring Sprints
Silver 4 Practices a week Age 13-18	100 Free 100 Back 100 Breast 50 Fly 200 IM Understanding of Pace Clock Understanding of race and practice distances Desire for increased commitment to swimming and training Continuous Meet Participation	Body Position Kicking/ Underwaters Aerobic Endurance intro Continue development of all 4 strokes and flip turns Open turns Practice skills- mastering pace clock and distance variations. Appropriate behavior during practice. Independence at Swim Meets.	Proficient in streamlines with underwater dolphin Kicks Speed Devil Achievement 200 Free 100 Back 100 Breast 100 Fly 200 IM Understanding of Pace Clock Understanding of race and practice distances Desire for increased commitment to swimming and training Continuous Meet Participation	Monster Mash Swim & Rock Mako Holiday or Winter Classic if Selected Polar Bear 18 & Under Champs March Champ Meets if Qualified Spring Sprints

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Gold 5-6 Practices a week Age 14 & Up	Completion of Acceptance Set Increased commitment to swimming and training Participation in Meets Parent/Swimmer/Coach contract with regular review of goals	Focus switched to training rather than fundamentals Aerobic/ increased yardage Increased Dryland and core conditioning- independent dry land expectation Nutrition Goal Setting LC Season Race and Practice Mentality	Completion of Acceptance Set Increased commitment to swimming and training - may still participate in other sports with understanding and compliance with expectations for swimming. Participation in Meets Strong foundation in all 4 strokes and endurance training Goal to progress to Senior- Experience in swimming all events	Meets will be communicated with the group based on the individual level of competition needed for each swimmer
Senior 7-8 Practices a week Age 15 & Up	Completion of Acceptance Set Increased commitment to swimming and training Participation in Meets	Focus on training Aerobic/ increased yardage Increased Dryland and core conditioning- independent dry land expectation Nutrition Goal Setting LC Season Race and Practice Mentality	Completion of Acceptance Set Increased commitment to swimming and training - swimming is their main sport commitment. Understanding and compliance with expectations for swimming. Participation in Meets Building on endurance training	Meets will be communicated with the group based on the individual level of competition needed for each swimmer

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