

Group Descriptions and Requirements

Pre-Competitive – Rachel Scholotterbeck

Age Requirements – None

Attendance Requirements – None

Practice Requirements – Must be able to swim 25 yards of freestyle and 25 yards of backstroke with proper technique and without stopping

Time Standards – None

Group Emphasis – Develop general swimming skills including: body balance, breathing techniques, kicking and arm propulsion; learn to be almost legal in all four competitive strokes.

A Group – Chrissy Wheat/Samantha Strantz

Age Requirements – None

Attendance Requirements – None

Practice Requirements – Must be able to swim 25 yards of freestyle and 25 yards of backstroke with proper technique and without stopping

Time Standards – None

Group Emphasis – The main focus of this group will be increasing the efficiency of all four strokes. Start and Turn technique will be taught with an introduction to intervals and clock reading and an introduction to legal butterfly.

B Group – Susan Anderson

Age Requirements – 9 & Over

Attendance Requirements – None

Practice Requirements – Must be legal in all 4 strokes. Must be able to accomplish 8 x 50 Freestyle on 1:05 and 4 x 100 IM on 2:30 legally.

Time Standards – At least “3” C Time Standards (C Time standards are club defined)

Group Emphasis – Legal in all four competitive strokes for distances of 25 to 50 yards/meters. Ability to swim 200-400 yards/meters without stopping, any stroke.

C Group – Chris Wheat/Charles Grace

Age Requirements – 10 & Over

Attendance Requirements – Must have 75% practice attendance from B group

Practice Requirements – 10x100 FR on 1:50 SCY; 10x100 Kick on 2:20 SCY; 10x50 BK on 1:10 SCY; 10x50 BRT on 1:20 SCY; 10x50 FL on 1:20

Time Standards – Must have obtained a minimum of 3 - 10 & Under Divisional

Group Emphasis – The emphasis on this group will be stroke mechanics with further introduction to competition, training, starts and turns and dry land exercises

D Group – Chris Wheat/Charles Grace

Age Requirements – 11-14

Attendance Requirements – Must have 85% practice attendance from C Group

Practice Requirements – 10x100 FR on 1:30 SCY/1:40 LCM; 10x100 Kick on 2:00 SCY/ 2:15 LCM; 10x50 BK on 55 SCY/ :60 LCM; 10x50 BRT on :60 SCY/:70 LCM; 10x50 FL on :60 SCY/:70 LCM.

Time Standards – Minimum of four 11-12 National “BB” cuts

Group Emphasis – Training methodology and heart rate use is introduced in this group. Swimmers will begin to work more with race strategy and mental preparation.

Conditioning takes on a greater importance to the athlete. All previous technical instruction will be continued and advanced. Emphasis on State, Sectional and Zone cuts becomes focus.

Senior – Chris Wheat/Mike Penrose/Samantha Strantz

Age Requirements – 14 & Over (Must be a High School Swimmer or entering freshman year)

Attendance Requirements – Minimum of 3 practices per week, 6 or more will be offered

Practice Requirements – Ability to complete workouts of 5000+ yard/meters; ability to swim all four competitive strokes. Swimmers will be divided by ability when necessary.

Time Standards – None

Group Emphasis – Improvement in general and specific swimming skills including: all four competitive strokes, kicking, drilling, starts and turns, breathing, race strategy, etc.

ACE – Chris Wheat/Mike Penrose/Samantha Strantz

Age Requirements – 13 & Over

Attendance Requirements – 90 % Overall (Must have achieved an attendance percentage of 80% or more as a member of the Senior or D group)

Practice Requirements – 10x100 FR on 1:20 SCY; 10x100 Kick on 1:45 SCY; 6x200 IM on 3:00 SCY; 6x400 FR on 5:00 SCY

Time Standards – All swimmers must have achieved 3, 11-12 National A time standards regardless of age. (13-14 year olds must have achieved at least 400 IM National AAA time standards)

Group Emphasis – State, Sectional and National level swimmers; proficiency in all four strokes; commitment to teammates and coaches; mental discipline. long-term goals on the national level, short-term goals at the state/sectional level; willingness to train toward those goals