

Categories	Purple	Gold	Senior
<i>Ages</i>	Six-Twelve	Eleven-eighteen	13 and up
<i>Attendance</i>	2-5 x week  suggested	4-6 x week  suggested	80% overall attendance mandatory
<i>Practice Length</i>	1 – 1.25 hours	1.5 -2 hours	2-4 hours
<i>Season Length</i>	9 months	9-11 months	9-11 months
<i>Daily Yardage</i>	1,000 – 2,000	3,500-5,500	4,500-11,000
<i>Double Practices</i>	No	No	Some
<i>Weekend Practices</i>	No	Yes	Yes
<i>Basic Goals</i>	Increase knowledge of <b>swimming</b> and training concepts, intro to competition  75% technique, 25% training	Refinement of skills and goals introduction of training levels  25% technique, 75% training	Focused on moving from competing on the local <b>level</b> (JOs) to the regional <b>level</b> (Sectionals). <b>Swimming</b> is the primary activity.  10-20% technique, 80-90% training
<i>Areas of Development</i>	Starts, turns, kick, 4 legal strokes, using the pace clock	Improving beyond what is done with summer league and high school teams.	Becoming the best swimmers in the area and focused on National recognition in the sport.
<i>Competitive Performance</i>	Mini, dual meets, A/BB/C or BB/C <b>level</b> meets, local championships	10 and under AA times in strokes and 200 IM	Dedicated to attendance requirement and reaching the Sectional <b>level</b>

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<i>Training Categories (achievement necessary to be and remain in the group)</i>	2 x 50 of each stroke without stopping during the 50s, relatively legal	10 x 100 free on 1:45 5 x 200 IM on 4:00  5 x 100 kick w/o fins on 2:30 10 x 100 stroke on 1:50 (2:00 breast)	10 x 100 free on 1:30 5 x 200 IM on 3:30  Train @ 1:20 free base 10 x 200 stroke on 3:10  10 x 200 IM on 3:15
<i>Biomechanical Progression (what you learn)</i>	Using the pace clock, <b>swimming</b> sets of 50's of each stroke, 100 IMs	Longer stroke cycles with faster times, race pacing, training for the 200s of each stroke and 400 IM	Understands pacing, stroke rate, legal 400 IM,
<i>Physical</i>	Can complete practice, swim continuous for 5 minutes. Can complete 50s of each stroke and 100 IM	Completes 3000 for time, 500 free under 8:00, longer dryland training	Completes 3000 for time ready for advanced dryland of med balls and light weights
<i>Cognitive and Emotional</i>	Remains with the team at all times at meets, does not cry during practice, can make corrections suggested by the coach	Understands the difference between long-term and short term goals. Understands what is necessary to achieve their <b>swimming</b> goals.	Focused on <b>swimming</b> as their sport of choice. Understanding of what is necessary in and out of the pool to reach the next <b>level</b> in the sport.