

	Runner (G1)	Blue (G2)	Gold (G3)	Elite (G4)
Long-Term Athlete Development Stage	FUNdamentals	Learn to Train	Train to Compete	Train to Perform
Target Age Range	10 & Under	8-11	10-13	13 & Over
Focus	Introductory group with a focus on the basics of all strokes and the world of year-round, competitive swimming while having fun and building confidence in the water. In addition to learning the competitive strokes, there will be an emphasis placed on developing the athlete's kick.	Junior group where swimmers will continue to develop their strokes but will also begin receiving more advanced instruction in racing skills (starts, turns, underwater kicking). Swimmers will also begin to be introduced to aerobic training. Competition is encouraged but not required.	Intermediate group where swimmers will develop self-management and increase technical proficiency in all strokes. Practices will be focused primarily on aerobic development and continuing to develop their race skills & kick. Swimmers should be competing and racing across all 4 strokes.	Highest level group where swimmers are focused on performance at key meets. Swimmers will continue to develop self-sufficiency and must be ready for the commitment required to excel. Swimmers should be attending practice regularly and competing as required. Practices will be focused around preparing athletes for their primary events.
Expected # of sessions attended	1-2	2-3	10-11: 3-4 12+: 4-5	13-14: 5-7 15&O: 6-8
Time per session	60min	75min	90min	120min
Dryland/Stretching	Play other sports!	Introduce stretching before practice	Stretching before each practice	2x week dryland workout, stretching before each practice
Required Equipment	Kickboard, Fins	Kick board, fins, pull buoy	Kick board, fins, pull buoy, snorkel, paddles	Kick board, short fins, pull buoy, snorkel, paddles
Entry Criteria*	Graduated Lessons/Evaluation	-4x50 kick avg under 1:20 -100yd free with flip turns -50yd back/breast with legal turn -25yd fly -100yd IM with legal turns	-10yo+ -8x50 kick avg under 1:10 -3 or more 10&U USAS 'B' time standards, including 1 of 100/200IM	-13yo+ -6x100 kick avg under 2:00 -3 or more 13-14yo USAS 'A' time standards, including 1 of 200/400IM
Target Meets	Summer rec meets In-house club events	Local ABC Meets CCS B/C Champs (SCY & LCM)	LV Super Finals CCS AG Champs (SCY & LCM) SWAGR	SWAGR Sectionals Futures/Jr Nats

Move-ups solely at the discretion of the coaching staff, entry criteria is the minimum for consideration to enter the next group. Coaches are also considering other factors such as practice behavior, attitude, & attendance, age, competitive status, and more. Move ups will occur 3x year: March & August with any corrections made in December. Parents, understand that the coaching staff is focused on setting each swimmer up for long-term success.