

# SWAT Practice Groups – Criteria & Standards

## Silver 8-Novice Beginner, Gold 8-Novice Intermediate, Platinum 8-Advanced 8 Year Old Novice- 8 and Under Group

Competitive-Developmental group: Swimmers from our Swim America lessons who have achieved level 7 or Red Cross Level 5 skills should meet the criteria for consideration and must be age 8 and Under. Swimmers should be able to swim 25 yards swim freestyle and backstroke. Focus is on stroke development in all four strokes, turns, skill work, and fun! Two to three workouts per week are recommended. Duration in water is about 45-60min. each workout. Competition will include approximately one to two age appropriate swim meets per month.

### Age Group Bronze– Novice 1 (9-12 years old)

Competitive/Developmental group. Swimmers should be able to swim freestyle for 25 yards without stopping and be able swim backstroke for 25 yards. Swimmers who attained level 8 & Above in Swim America or Red Cross level 6 may fit these criteria. Focus is on stroke development in all four strokes, turns, skill work, and fun! Two-Three workouts per week are recommended with a limit of four. Duration in water is for about 45-60 minutes each workout. Competition will include approximately one to two age appropriate swim meets a month.

### Age Group Silver-Novice 2 (9-12 years old)

The Age Group Silver training group's major focus is on the continuing development of strokes and IM training, starts and turns. Group has a strong emphasis on stroke technique, plus swimmers will also work on developing aerobic cardiovascular conditioning, All done with the aim of improving each swimmer's physical swimming abilities and promoting the enjoyment of swimming. Suggested workouts are three-four, 60 minute workouts per week, and about 2 meets per month. End of season meet goals are the Regional/Silver Championship Meet

### Age Group Gold Age Group (Intermediate)

Competitive Age-9-12 (8 year olds allowed only by coach recommendation). Focus continues on further stroke development and IM training emphasizing more fitness and technique work that will allow meet competition in more distance type events. Swimmers will work to attain USA-S 10 & Under 'BB' times in at least two different strokes. Water time is around 1-1.5 hours, 4-5 times per week, with about 2 meets per month. End of season meet goals are the Regional/Silver/State Championship Meet

### Age Group Platinum – Age Group (Advanced)

Competitive Age-9-12 (8 year olds only by coach recommendation). This group is geared towards those age-group swimmers aiming at higher level meets. To commit to faster swimming and more rigorous training, this group may have attendance requirements to train with this group. Suggested practice time is 4/6 workouts per week, with each practice around 1.5 to 2.0 hours. Meet attendance will be 2 meets per month, with the possibility of 3 during months with qualifying/championship meets.

Time goals include State/ Zone C qualifying times.

## Senior Team: 13 years of age & over

### Senior Blue 13 and Over

Group has a strong emphasis on stroke technique, plus swimmers will also work on developing aerobic cardiovascular conditioning, All done with the aim of improving each swimmer's physical swimming abilities and promoting the enjoyment of swimming.

Practices average 4 times per week, 1.5 hours. Senior Blue Swimmers will attend at least 2 meets per month during the regular season with an end season focus on Regionals/State. Dryland training during short course may be introduced at this level if group numbers and space allows.

### Senior White

This group is designed with emphasis on racing, seasonal training methodology, and mental training. Five-Six workouts per week may be scheduled depending on time of season. Group is made up of swimmers who demonstrate the willingness and consistency for demanding dry-land, and water training. Group swimmers must have strong technique, demonstrate goal-oriented behavior, with aspirations to advance to the Senior Red team

Swimmers will attend at least 2/3 meets per month during the regular season. A seasonal commitment is required, with a focus on Wisconsin State Championship/Zones/Speedos qualifications. Water time is between 1.5 to 2.0 hours per workout. Senior White swimmers have dryland training 3 times per week at certain points in the training season.

### Senior Red

Senior Platinum is a state-national level year-round training group. Group is one of the highest levels at SWAT and has great expectations on the swimmers both in dedication of training and in being the team leaders and role models for the rest of the team. Focus is on specialty work, dryland training, and development for Regional /State/ National level USA-S meets. Swimmers in this group have mandatory attendance requirements and will have five to seven workouts offered per week, with dryland.

Time goals include State/ Zones / Sectionals / and National level meet qualifying times and may also include aspirations of swimming at the college level. Water time is between 1.5 to 2.5 hours at main workouts. Meet schedule planning is done with the head coach on a seasonal basis, and swimmers in this group are expected to participate in meets selected by the head coach of this group. Swimmers in this group should aim to fully attend and participate in the highest level meets they have cut times for each year.

**\*\* Swimmers levels are also decided through coach's discretion. Swimmers may be moved up based on practice/meet attendance, attitude, readiness and space availability at the next level. Group descriptions listed above are for information purposes and have been generalized – questions about your swimmers level and readiness for advancement should be directed to the appropriate age or senior coaches.**