

SWAT Training Groups and Promotional Guidelines

By: Coach Dave

I am often asked, "Coach Dave, what does it take to move up into the next training group?" To help alleviate questions about group advancement, I have decided to create a promotional guideline. There are no concrete standards which mandate athlete placement, but hopefully this simple guideline will help alleviate questions about how to "move up."

One of the most important tasks of our coaching staff is to place individual athletes into the proper training groups. SWAT is divided into several training groups, done with the consideration of **the swimmers' development of technical skills, training abilities, maturity and age, competitive levels, time standards, group availability, attendance at practices and meets, and most importantly; coach's instinct.**

The progressive structure of these groups provides a setting in which swimmers are continually challenged yet are able to experience individual and team successes. **All group placement decisions are made by the SWAT coaching staff and done so in the best interest of the swimmers and their long term development.**

Starting in the spring of 2016, SWAT will consist of the following training groups:

Senior Training Groups (13 & over)

Senior Platinum
Senior Gold
Junior Platinum
Junior Gold

Age Group Training Groups (12 & under)

Age Group Platinum
Age Group Gold
Age Group Silver
Age Group Bronze
Platinum 8's
Golden 8's
Silver 8's

Adult Training Group (19 & over)

Masters

Senior Platinum (age: 15+) Approx. 14hrs/week

The Senior Platinum Group is our most accomplished training group. These swimmers are preparing for state, regional and national-level competitions. They have varied personal goals, and training is designed around those goals in a team-structured environment, all the while working to develop swimmers to their maximum potential. The training is demanding, and the swimmers are very committed. Average workout distances will be from 6,000-8,000yds/meters. Senior Platinum will also perform dryland workouts four days per week.

Automatic consideration for Senior Platinum consists of:

- Must be 15 years of age at least one month prior to the senior state meet
- Six or more senior state qualifying standards
- One or more national qualifying standard
- Proficient in all four strokes

Senior Gold (age: 15+) Approx. 8-10hrs/week

The Senior Gold Group is a transitional level in which swimmers move to increased training and competition. Training intensity is emphasized as swimmers prepare for senior-level training and competition. The objective of the group is to learn the fine points of competitive swimming, short and long term goal setting and race strategies. Coaches work with individual swimmers to set personal goals. Workout distances will be anywhere from 4,000-5,000yds/meters and have dryland workouts at least two times per week.

- Must be 15 years of age at least one month prior to the senior state meet

Junior Platinum (age: 13-14) Approx. 10-12hrs/week

The Junior Platinum Group is a transitional level in which many (but not all) swimmers will be advancing up from the Age Group Platinum level. Total yardage averages anywhere from 5,000-6,000yds/meters and swimmers are expected to be at practice on a regular basis. Dryland will be offered at least three days per week.

Automatic consideration for Junior Platinum consists of:

- Must be 13 years of age at least one month prior to the senior state meet
- Three or more senior state qualifying standards
- Proficient in all four strokes

Junior Gold (age: 13-14) Approx. 8-9hrs/week

The Junior Gold Group is for those swimmers who are dedicated to improving their skills in swimming with an eye to either becoming more competitive in the sport or to continue their competitive swimming career in a less regimented manner or to use swimming as cross-training for their primary sport. Stroke technique and aerobic training are emphasized at every workout and yardage will vary from 3,000-4,500yds/meters, plus dryland at least twice per week.

- Must be 13 years of age at least one month prior to the senior state meet

Age Group Platinum (age: 9-12) Approx. 10hrs/week

Age Group Platinum provides a rigorous training regimen plus continued efficient stroke technique for swimmers who have made a strong commitment to the sport of swimming. Members in this group are looking at competing at the state championship meet, or zones meet. Practice yardage varies from 4,000-5,500yds/meters plus dryland at least twice per week.

Automatic consideration for Age Group Platinum consists of:

- Three or more state qualifying standards
- One or more zone qualifying standard
- Proficient in all four strokes

Age Group Gold (age: 9-12) Approx. 6-8hrs/week

Age Group Gold continues to refine stroke technique and efficiency, plus sets a strong foundation for aerobic training with longer freestyle sets and IM sets as the staples for the workouts. Most swimmers in this group have not quite reached a state qualifying standard, but are getting close. Practices will range from 3,500-4,500yds/meters and will include dryland at least once per week. Swimmers must be proficient in at least three of the four strokes to be considered for AGG.

Age Group Silver & Age Group Bronze (age: 9-12)

Silver=Approx. 6hrs/week, Bronze=Approx. 4hrs/week

The Age Group Silver and Age Group Bronze Groups provide younger swimmers with the opportunity to develop the fundamental skills of the four competitive strokes, turns and starts, plus learning basic racing skills. Generally, swimmers will be placed into these training groups based upon their age and ability. The Bronze group will primarily focus on drills and technique at the entry level of competitive swimming, while Silver group will see a slight increase in yardage. Swimmers must be able to swim at least 25 yards of free and backstroke to make the Bronze group. Swimmers must be proficient in at least three of the four strokes to make the Silver group.

Platinum 8's (age: 8 & under) Approx. 5-6hrs/week

Most swimmers in this group can swim all four strokes for at least 50 yards or more.

Golden 8's (age: 8 & under) Approx. 4-5hrs/week

Most swimmers are able to swim three of the four strokes for at least 25 yards or more.

Silver 8's (age: 8 & under) Approx. 3-4hrs/week

Entry level to competitive swimming with a focus on drills, technique, starts, turns and the four strokes. Swimmers must be able to swim at least 25 yards back and freestyle.

Masters (adults)

Our Masters Swim Group is for adults who wish to swim for fitness, stroke improvement, triathlon training, socializing, fun and Masters Competitions. There are two swimming workouts per week from 5:45am-6:45am at Greenfield high school.