

SWAT Practice Groups – Criteria & Standards

Silver 8- Gold

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 45min. each workout. Competition will include approximately one to two age appropriate swim meets per month.

Age Group Silver – Novice (9-12 years old)

Competitive/Developmental group. Swimmers should be able to swim freestyle with for 25 yards without stopping and be able swim backstroke for 25 yards. Swimmers who attained level 7 in Swim America or Red Cross level 5 will 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 Gold Age Group (Intermediate)

Competitive Age-9-12 (8 year olds allowed only by coach recommendation). Focus is 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. Suggested workouts are Three-Four workouts per week. Water time is around 1-1.5 hours with about 2 meets per month.

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. Time goals include State/ Zone C qualifying times. 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.

Pre-Senior Group-

Junior Gold 13 and Over - Junior high to high school age

Junior Platinum: 13-14 years of age (non high school swimmers)

This group is designed with emphasis on racing, seasonal training methodology, and mental training. Four-Five workouts per week are scheduled. Junior Gold Swimmers will attend at least 2 meets per month during the regular season with an end season focus on Regionals/State. A seasonal commitment is required for Junior Platinum, with a focus on Wisconsin Championship/Zones qualifications. Water time is between 1.5 to 2.0 hours per workout. Junior Platinum swimmers are also introduced to dryland training 3 times per week at certain points in the training season.

Senior Group: 15 years of age & over

Senior Gold:

This group is designed with emphasis on racing, seasonal training methodology, and mental training. Four-Five workouts per week are scheduled,. Swimmers will attend at least 2 meets per month during the regular season. End season meet goals would be Regionals/State/Zones and or Speedo Sectionals. Water time is between 1.5 to 2.0 hours per workout. Senior Gold swimmers may also have dryland training 3 times per week at certain points in the training season.

Senior Platinum: 13 & Over

This is a state-national level year-round training group. 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. 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.**