



Group	Technique Requirement	Technique Focuses	Technique Goals to Progress	Meet Participation Options *Focus Meets*
<p align="center">Clinic 1-1 Hour Practice a week</p>	<p>25 Free 25 Back</p>	<p>Body Position Kicking Streamlines Freestyle Backstroke Intro to Fly and Breast Intro to diving</p>	<p>Streamline Start & finish on wall No walking on bottom Possible familiarity with Breaststroke and Butterfly</p>	<p>Clinic Meets</p>
<p align="center">Age Group 1 2- 1 Hour Practices a week Age 9 & Under</p>	<p>25 Free 25 Back Familiar Breaststroke and Butterfly (May not be legal)</p>	<p>Body Position Kicking Streamlines Continue development of all 4 strokes and flip turns Open turns Practice skills- pace clock and distances, appropriate behavior, lane etiquette Diving progression from pool side to blocks</p>	<p>Streamline Start & finish on wall Legal in Breaststroke and/or Butterfly Beginning technique on flip turns 50 Free 50 Back Speed Devil Achievement and meet participation a plus</p>	<p>Monster Mash; Mako Holiday; Polar Bear; February Mini Meet; Mini Champs; and Spring Sprints</p>
<p align="center">Age Group 2 2-1 Hour Practices a week Age 10 & Under</p>	<p>50 Free 50 Back Legal in Breaststroke and/or Butterfly for 25 yards</p>	<p>Body Position Kicking/ beginning understanding of underwater dolphin kicks Streamlines Continue development of all 4 strokes and flip turns Open turns Practice skills- pace clock and distances, appropriate behavior Learn independence at Swim Meets</p>	<p>Proficient in streamlines with beginning use of underwater dolphin kicks Legal in all 4 strokes 100 Free 100 Back 50 Breast 25 Fly 100 IM Understanding of Pace Clock Understanding of race and practice distances</p>	<p>Monster Mash; Swim & Rock (if eligible); Mako Holiday; Polar Bear; February Mini or 18 & Under Qualifier; Mini Champs; and Spring Sprints</p>



<p>Age Group 3 3-1 Hour Practices a week Age 12 & Under</p>	<p>100 Free 100 Back 50 Breast 25 Fly 100 IM Understanding of Pace Clock Understanding of race and practice distances</p>	<p>Body Position Kicking/ Underwater Streamlines Continue development of all 4 strokes and flip turns Open turns Practice skills- mastering pace clock and distance variations. Speed Variations- Building/ Pacing/ Descend/ Sprint/ Easy Appropriate behavior during practice. Independence at Swim Meets.</p>	<p>Proficient in streamlines with underwater dolphin Kicks Speed Devil Achievement</p>	<p>Monster Mash; Swim & Rock; Mako Holiday or Winter Classic (if qualified); Polar Bear; IMX if qualified (with full participation in meet); 18 & Under Qualifier; Junior Olympics (if qualified); and Spring Sprints</p>
<p>Age Group Select 4 Practices a week Age 10-13</p>	<p>Completion of Acceptance Set Strong foundation in all 4 strokes Increased commitment to swimming and training Participation in Meets Parent/Swimmer/Coach contract with regular review of goals</p>	<p>Aerobic Endurance Competitiveness Maintaining technique during sets Begin understanding of nutrition Dryland and core conditioning begin Year Round including LC Goal Setting Learning how to compromise with life activities Race and Practice Mentality Talk about Progression of events and specialties Learn how to swim/pace 200 events - all strokes</p>	<p>Completion of Acceptance Set Increased commitment to swimming and training - may still participate in other sports with understanding and compliance with expectations for swimming. Participation in Meets Strong foundation in all 4 strokes Goal to progress to Gold- Experience in swimming 200 of all strokes/ 500 Free</p>	<p>Monster Mash; Swim & Rock; Mako Holiday or *Winter Classic (if qualified)*; Al Soltis; 18 & Under Champs; *Junior Olympics (if qualified)*;and LC Season</p>
<p>Silver 3-4 Practices a week Age 13-14</p>	<p>100 Free 100 Back 100 Breast 50 Fly 200 IM Understanding of Pace Clock Understanding of race and practice distances Desire for increased commitment to swimming and training</p>	<p>Body Position Kicking/ Underwater Aerobic Endurance intro Continue development of all 4 strokes and flip turns Open turns Practice skills- mastering pace clock and distance variations. Appropriate behavior during practice. Independence at Swim Meets.</p>	<p>Proficient in streamlines with underwater dolphin Kicks Speed Devil Achievement 200 Free 100 Back 100 Breast 100 Fly 200 IM Understanding of Pace Clock Understanding of race and practice distances Desire for increased commitment to swimming and training</p>	<p>Monster Mash; Swim & Rock; Mako Holiday or Winter Classic (if selected); Polar Bear; 18 & Under Champs; March Champ Meets (if qualified); and Spring Sprints</p>



	Regular meet participation		Regular Meet Participation	
Gold 5-6 Practices a week Age 14 & Up	<p>Completion of Acceptance Set Increased commitment to swimming and training Participation in Meets Parent/Swimmer/Coach contract with regular review of goals</p>	<p>Focus switched to training rather than fundamentals Aerobic/ increased yardage Increased Dryland and core conditioning- independent dry land expectation Nutrition Goal Setting LC Season Race and Practice Mentality</p>	<p>Completion of Acceptance Set Increased commitment to swimming and training - may still participate in other sports with understanding and compliance with expectations for swimming. Participation in Meets Strong foundation in all 4 strokes and endurance training Goal to progress to Senior- Experience in swimming every event</p>	<p>Meets will be communicated with the group based on the individual level of competition needed for each swimmer</p>
Senior 7-8 Practices a week Age 15 & Up	<p>Completion of Acceptance Set Increased commitment to swimming and training Participation in Meets Parent/Swimmer/Coach contract with regular review of goals</p>	<p>Focus on training Aerobic/ increased yardage Increased Dryland and core conditioning- independent dry land expectation Nutrition Goal Setting LC Season Race and Practice Mentality</p>	<p>Completion of Acceptance Set Increased commitment to swimming and training - swimming is their main sport commitment. Understanding and compliance with expectations for swimming. Participation in Meets Building on endurance training</p>	<p>Meets will be communicated with the group based on the individual level of competition needed for each swimmer</p>