

# Bayside Aquatics Practice Groups

The Bayside Aquatics Program has five divisions: FUNdamentals, Learn to Practice, Learn to Train, Train to Compete, and Compete to Excel

**FUNdamentals:** Athletes in the *FUNdamentals Division* are new to the sport of swimming. The focus of our FUNdamental groups is to establish a strong foundation of skills and techniques in a fun environment that encourages continued participation in the sport. Our *FUNdamental* groups include **Discovery 1** and **Discovery 2**, and **Discovery 3**.

## **Discovery 3**

7 & Under, 45 min practices, 2x per week

Coaches: Coach Karen, Junior Coaches

Swimmers in the Discovery Groups will be introduced to competitive swimming. The goal of the Discovery group program is to create a positive experience where swimmers fall in love with the sport of swimming. There is a strong emphasis on teaching the proper technique of all four strokes as well as starts, turns, and finishes. Swimmers will gain more control over their bodies while developing buoyancy, balance, and breath control while swimming. Swimmers will also learn proper practice and meet etiquette, including how to use a pace clock. Swimmers will learn the basics of sportsmanship and respect for their competitors and teammates. Swimmers should enter the group with the ability to swim 25 yards of both backstroke and freestyle and have knowledge of all 4 strokes. They should also demonstrate an ability to focus and listen well in a group setting.

**Required Equipment:** Long Fins, Kickboard, Pull Buoy, Water Bottle

### **Schedule:**

Tues 6:15-7:00pm @ Bowie State

Fri 4:30-5:15pm @ SportFit

## **Discovery 2**

8 & Under, 45 min practices, 3x per week

Coaches: Coach Ryan, Coach Ulises, Junior Coaches

Swimmers in the Discovery Group will be introduced to competitive swimming. The goal of the Discovery group program is to create a positive experience where swimmers fall in love with the sport of swimming. There is a strong emphasis on teaching the proper technique of all four strokes as well as starts, turns, and finishes. Swimmers will gain more control over their bodies while developing buoyancy, balance, and breath control while swimming. Swimmers will also learn proper practice and meet etiquette, including how to use a pace clock. Swimmers will learn the basics of sportsmanship and respect for their competitors and teammates. Swimmers should enter the group with the ability to swim 25 yards of both backstroke and freestyle and have knowledge of all 4 strokes. They should also demonstrate an ability to focus and listen well in a group setting.

**Required Equipment:** Long Fins, Kickboard, Pull Buoy, Junior Snorkel, Water Bottle

### **Schedule:**

Tues 4:30-5:15pm @Bowie State

Thurs 5:00-6:00pm @Bowie State

Fri 5:00-6:00pm @Bowie State

## **Discovery 1**

9-11 yrs, 1 hour practices, 3x per week

Coaches: Coach Ulises, Junior Coaches

Swimmers in the Discovery Group will be introduced to competitive swimming. The goal of the Discovery group program is to create a positive experience where swimmers fall in love with the sport of swimming. There is a strong emphasis on teaching the proper technique of all four strokes as well as starts, turns, and finishes. Swimmers will gain more control over their bodies while developing buoyancy, balance, and breath control while swimming. Swimmers will also learn proper practice and meet etiquette, including how to use a pace clock. Swimmers will learn the basics of sportsmanship and respect for their competitors and teammates. Swimmers should enter the group with the ability to swim 50 yards of both backstroke and freestyle and have knowledge of all 4 strokes. They should also demonstrate an ability to focus and listen well in a group setting.

**Required Equipment:** Long Fins, Kickboard, Pull Buoy, Water Bottle

### **Schedule:**

Mon 6:15-7:15pm @SportFit

Thurs 6:00-7:00pm @Bowie State

Fri 6:00-7:00pm @Bowie State

**Learn to Practice:** Athletes in the *Learn to Practice Division* are continuing to develop and refine a strong foundation of skills and techniques in a fun environment that encourages continued participation in the sport. They will progress to an advanced level of learning that requires implementing specific skills in practice sets. Establishing good habits in a training setting translates to better performances at meets, as well as long-term development in the sport of swimming. Our *Learn to Practice* groups are Novice, Age Group, and Juniors 2.

## **Novice**

10 & Under, 1 hour practices, 4x per week

Coaches: Coach John A, Coach Karla

Novice swimmers build on the fundamentals introduced in Discovery. The goal of the Novice group program is to increase skill and technical development while creating a positive team culture that supports individual growth, sportsmanship, and leadership skills. Swimmers in the Novice group will focus on improving stroke technique, body position, and kick in all four strokes as well as starts, turns, and finishes.

Swimmers will begin to understand the importance of correct head and body position, a strong, consistent kick, and streamlining. Solid practice habits will be taught and reinforced, including using the pace clock during practice and lane etiquette. They will also be introduced to basic training sets. Swimmers will learn the basics of sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally swim all four strokes and should be comfortable doing 50 yard repeats during practice. Swimmers in Novice will be working toward achieving an IM Ready (IMR) score. The IM Ready scores are based on 100 Free, 50 Back, 50 Breast, 50 Fly, and 100 IM. Training sessions are offered 4 times per week and swimmers are encouraged to attend at least 3 practices per week in order to provide the opportunity for continued improvement.

**Required Equipment:** Long Fins, Kickboard, Pull Buoy, Snorkel, Water Bottle

### **Schedule:**

Wed 5:15-6:30pm @PGCC

Thurs 4:45-5:45pm @Bowie State

Fri 5:15-6:15pm @SportFit

Sun 4:30-5:30pm @ SportFit

## **Age Group 2**

11-12 years old, 1.25 hour practices, 4x per week

Coaches: Coach Jeremy, Coach John A

Age Group 2 swimmers are Bayside's 11-12 year old swimmers. While stroke mechanics are refined, a shift to competition training begins to be emphasized. The goal of the Age Group program is continual improvement and practices emphasize skill development with a secondary focus on aerobic development. Swimmers in Age Group will learn the importance of team culture and will develop a love of competition and being challenged. This group will start to focus on performance. Swimmers in Age Group will be working toward improving their stroke technique, racing skills, and increasing endurance levels. Age Group swimmers will begin swimming more complicated sets. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally complete 50 yards of all four strokes and should be working towards competing in 100's of all of the strokes as well as the 200 Free. Training sessions are offered 4 times per week and swimmers are encouraged to attend at least 70% of practices in order to provide the opportunity for continued improvement.

**Required Equipment:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

### **Schedule:**

Mon 5:00-6:30pm @ PGCC

Tues 4:45-6:15pm @ SportFit

Wed 7:30-8:30pm @ SportFit

Fri 4:45-6:00pm @ Bowie State

## **Age Group 1**

12-13 years old, 1.25 hour practices, 4x per week

Coaches: Coach Jeremy, Coach John A

Age Group 1 swimmers are Bayside's 12-13 year old swimmers. While stroke mechanics are refined, a shift to competition training begins to be emphasized. The goal of the Age Group program is continual improvement and practices emphasize skill development with a secondary focus on aerobic development. Swimmers in Age Group will learn the importance of team culture and will develop a love of competition and being challenged. This group will start to focus on performance. Swimmers in Age Group will be working toward improving their stroke technique, racing skills, and increasing endurance levels. Age Group swimmers will begin swimming more complicated sets. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally complete 50 yards of all four strokes and should be working towards competing in 100's of all of the strokes as well as the 200 Free. Training sessions are offered 4 times per week and swimmers are encouraged to attend at least 70% of practices in order to provide the opportunity for continued improvement.

**Required Equipment:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

### **Schedule:**

Mon 5:00-6:30pm @ PGCC

Thurs 5:45-7:00pm @ Bowie State

Fri 6:00-7:30 @ Bowie State

Sun 5:30-7:00pm @ SportFit

## **Juniors 2**

12 & Over, 1.5 hour practices, 4x per week

Coaches: Coach Emily

Juniors 2 swimmers are 12 and over swimmers who are refining stroke mechanics. The goal of the Juniors 2 group is to develop the skills necessary to achieve individual growth in the sport of swimming. Swimmers will focus on all four strokes and practices will continue to have an emphasis on technical improvements. Swimmers will learn the connection between training and racing. Swimmers are also expected to set a good example for the younger swimmers who look up to them. Swimmers in the Juniors group are encouraged to continue to participate in other sports and activities. Juniors swimmers must be able to successfully complete a 100 Free and 50's of all strokes. Training sessions are offered 4 times per week and 70% attendance will afford the opportunity for continued improvement.

**Required Equipment:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

### **Schedule:**

Mon 7:15-8:30pm @ SportFit

Wed 7:30-8:30pm @ Bowie State

Fri 6:15-7:15pm @ SportFit

Sat 5:00-6:15pm @ SportFit

**Learn to Train:** Athletes in the *Learn to Train Division* are further refining their strong foundation of skills and techniques, while integrating training philosophies. The foundation for aerobic/anaerobic training, increased training volume, and the development of underwater training will be laid, as well as how out-of-the-water responsibilities, such as nutrition, hydration, and dryland training, affect performance in the pool. Our *Learn to Train* groups are Performance and Juniors 1.

## **Performance**

10-13 yrs, 1.5 hour practices, 5x per week

Coaches: Coach John B, Coach Abbey, Coach Kyle, Coach Karen

The goal of the Performance program is to teach the skills and work ethic necessary to achieve competitive success while creating a strong team culture that supports individual growth, sportsmanship, and leadership skills. Swimmers in Performance have a higher level of commitment and are comfortable with being challenged. They will continue to work toward improving their stroke technique and racing skills and increasing endurance levels, but will do so at a more advanced level. Performance group swimmers will begin swimming more complicated sets and are expected to be able to use a pace clock and keep track of intervals while practicing. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to legally complete 50 yards of all four strokes and should be prepared to swim more challenging events such as the 200 Free, 200 IM, and 500 Free. Performance swimmers are working on improving their IM Ready (IMR) and IM Xtreme (IMX) scores and are training for Junior Championship and State Championship level meets. Training sessions are offered 5 times per week and swimmers are expected to attend at least 75% of practices in order to provide the opportunity for continued improvement.

**Required Equipment:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

### **Schedule:**

Mon 6:00-7:30pm @ Bowie State

Tues 5:15-6:45pm @Bowie State

Wed 6:00-7:30pm @Bowie State

Fri 7:15-8:30pm @SportFit

Sun 5:30-7:00pm @ SportFit

## **Juniors 1**

13-15, 1.5 hour practices, 4x per week

Coaches: Coach John M

Junior 1 swimmers are 13-15 year old swimmers who are refining stroke mechanics. This group is shifting to a competitive training focus. The goal of the Juniors 1 group is to develop the skills necessary to achieve individual success in the sport of swimming. Swimmers in the Juniors 1 group will increase their aerobic development with longer distances. Swimmers will focus on all four strokes and practices will continue to have an emphasis on technical improvements. Swimmers will learn the connection between training and racing. Continual goal setting both in practice and meets is emphasized. Swimmers in this group need to be prepared to challenge themselves during practice. Swimmers are also expected to set a good example for the younger swimmers who look up to them. Swimmers in the Juniors 1 group are encouraged to continue to participate in other sports and activities. Juniors swimmers must be able to successfully complete a 200 Free and 100's of all strokes. Training sessions are offered 4 times per week and 75% attendance will afford the opportunity for continued improvement.

**Required Equipment:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

### **Schedule:**

Mon 4:45-6:15pm @ SportFit

Tues 4:45-6:15pm @ Bowie State

Wed 4:45-6:15pm @ SportFit

Thurs 4:45-6:15pm @ SportFit

**Train to Compete** - In the *Train to Compete Division*, the athletes will learn about how their decisions and behavior outside of the pool affect their performance in the pool. Athletes continue to build on good practice habits with progressive skills, drills, and a variety of techniques, and work to challenge themselves and prepare for the senior level. These swimmers compete at the local, state, regional, and possibly national level. They begin to see a glimpse of their future swimming experiences by competing at the highest level meet for which they qualify. Our *Train to Compete* group are Senior Prep and Senior 2.

### **Senior Prep**

13-15 yrs, 1 ½ - 2 hour practices, 6x per week

Coaches: Coach Kyle, Coach Karen

Our Senior Prep swimmers are Bayside's most competitive age group swimmers. The goal of the Senior Prep program is to teach the skills and work ethic necessary to achieve competitive success while creating a strong team culture that supports individual growth, sportsmanship, and leadership skills. Swimmers in Senior Prep have a higher level of commitment and are comfortable with being challenged. They will continue to work toward improving their stroke technique and racing skills and increasing endurance levels, but will do so at a more advanced level. Senior Prep swimmers will begin swimming more complicated sets and are expected to be able to use a pace clock and keep track of intervals while practicing. Swimmers will continue to reinforce good sportsmanship, respect for their competitors, and for their teammates. Swimmers should enter the group able to complete 100 yards of all four strokes and should be prepared to take ownership of their swimming. Senior Prep swimmers are working on improving their IM Ready (IMR) and IM Xtreme (IMX) scores and are training for Junior Championship and State Championship level meets. Training sessions are offered 6 times per week and swimmers are expected to attend at least 75% practices in order to provide the opportunity for continued improvement.

**Required Equipment:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

#### **Tentative Schedule:**

Mon 6:30-8:30pm @ Bowie State

Tues 6:45-8:45pm @Bowie State

Wed 6:00-7:30pm @ Bowie State

Thurs 7:00-8:45pm @Bowie State

Sat 3:00-5:00pm @ SportFit

Sun 7:00-8:30am @ SportFit

### **Senior 2**

14 & Over, 1.5 hour practices, 5x per week

Coaches: Coach Solomon

Senior 2 swimmers are 14 and older swimmers who are continuing to refine stroke mechanics, but are shifting toward a more competitive training focus. The goal of the Senior 2 group is to develop the skills and work ethic necessary to achieve individual success in the sport of swimming. Swimmers in the Senior 2 group will increase their aerobic development with longer distances. Swimmers will focus on all four strokes and practices will continue to have an emphasis on technical improvements. Swimmers will learn the connection between training and racing. Continual goal setting both in practice and meets is emphasized. Swimmers in this group need to be prepared to challenge themselves during practice. Swimmers are also expected to set a good example for the younger swimmers who look up to them. Swimmers in the Senior 2 group are encouraged to continue to participate in other sports and activities. Senior 2 swimmers must be able to successfully complete a 200 Free, 100's of all strokes, and a 200 IM. Training sessions are offered 5 times per week and swimmers are encouraged to attend at least 4 practices per week in order to provide the opportunity for continued improvement.

**Required Equipment:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

#### **Tentative Schedule:**

Mon 7:30-8:45pm @Bowie State

Wed 7:30-8:45pm @Bowie State

Thurs 7:15-8:45pm @ SportFit

Fri 7:00-8:45pm @Bowie State

Sat 7:00-8:30am @ SportFit

**Compete to Excel** - In the Senior division, Bayside athletes continue to learn and be taught progressively, but emphasis is placed on taking ownership of their individual goals and the path to achievement. Senior division swimmers compete at the local, state, regional, and national level. Competing at the highest level meet for which they are qualified is a priority. Swimmers will be introduced to collegiate opportunities, mentored through goal setting, nutrition, and mental training, and are encouraged to be positive role models for the younger age group swimmers. Our Compete to Excel group is the Senior 1 group.

### **Senior 1**

14 & Over, 2 hour practices, 6x per week

Coaches: Coach Karen, Coach Kyle, Coach John B

The Senior 1 group are Bayside's most committed swimmers. Senior 1 is a year-round training group for high school-aged swimmers who have achieved or are working toward Senior LSC Championship, Sectional, and Futures cuts. The goal for the Senior 1 group is to achieve competitive success at the highest level. Swimmers in this group are expected to behave like champions and set a good example for the younger swimmers. Continual goal setting is emphasized and swimmers are encouraged to set high expectations for themselves. Emphasis is placed on taking ownership of their individual goals and the path to achievement. Swimmers will be challenged and are expected to attend all practices offered. Training and competing during the long course season is a requirement. Swimmers will be provided classroom sessions 2x per month to learn about the college swimming process, mental training through the "Conquer the Pool" workbook, and nutrition.

**Required Equipment:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Water Bottle

#### **Tentative Schedule:**

Mon 4:30-6:30pm @Bowie State

Tues 6:45-8:45pm @Bowie State

Wed 4:30-6:00pm @Bowie State

Thurs 7:00-8:45pm @Bowie State

Sat 3:00-5:00pm @SportFit

Sun 7:00-8:30am @ SportFit

#### **Morning Practices:**

Tues 5:30-6:45am @SportFit

Thurs 5:30-6:45am @SportFit

*Please Note:* These are general group descriptions and each swimmer is evaluated individually for group placement. Multiple criteria including physiological, biomechanical, and psychological characteristics are assessed and the final decision for placement rests with the head coach and lead group coach. If you anticipate issues with training requirements for your child's assigned group, please discuss these issues with the lead coach.

# Progression Policy

Bayside Aquatics' mission and values drive group placement decisions. Swimmers are placed into the training group that is developmentally appropriate. The coaching staff makes all group placement decisions. While there are specific metrics involved in progressing, issues such as maturity, commitment levels, mental readiness for the increased workload, timing within the season, and space also influence the decision. Racing times are not a primary factor for group placement, although they may be an indirect factor. Swimmers are placed in groups that best serve their developmental needs. If parents have questions concerning group placement, they are encouraged to speak with their swimmer's primary coach.

## General Considerations for Transitioning Groups:

Transitions can occur at the start of the swim year or after the winter or spring break.

In order to be considered for transitioning groups, the swimmer :

- Consistently makes choices that demonstrate the willingness to make the commitment level expected of swimmers at the next level.
- Meets attendance expectations for the current group; demonstrates the ability to make attendance requirements for the next level.
- Commits and qualifies for meets at the next level.
- Consistently trains above the level of the current practice group.
- Demonstrates ability to train successfully on base intervals at the next practice level.
- Has mastered stroke and skill expectations of the current practice group.
- Demonstrates mastery of all four strokes (in the appropriate distance) in a meet setting.
- Exhibits level of maturity and responsibility appropriate for the higher group.
- Fits age and experience parameters of the next training level.
- Has demonstrated the desire and potential to compete successfully at the general competition level of the next group.