

LMST Practice Group Structure

Fall/Winter 2025-26



Bronze Practice Group

Silver Practice Group

Gold Practice Group

Platinum Practice Group

Diamond Practice Group

Senior Practice Group

*All practice group advancements are at the **discretion of the LMST coaching staff**. Advancements will be based on a combination of factors such as technical abilities, endurance, age, previous competitive swimming experience, swim meet performance willingness to learn, and **practice attendance**. Group advancements will only be conducted a few times a season (not to be interfered with by each practice group's current curriculum). Head Coach Jackson will notify parents of their student's advancement via email.*

Bronze Practice Group and Objectives

For swimmers new to LMST who have advanced to Station 7 or higher of Linn-Mar's swimming lesson program (25-yard freestyle, half-pool backstroke, one-minute tread water). Bronze is designed for our students who are new to the sport of competitive swimming.

Objectives

Develop and improve Freestyle and Backstroke technique

Learn Fundamentals of Body Position and Proper Technique

Learn and swim legal Breaststroke and Butterfly

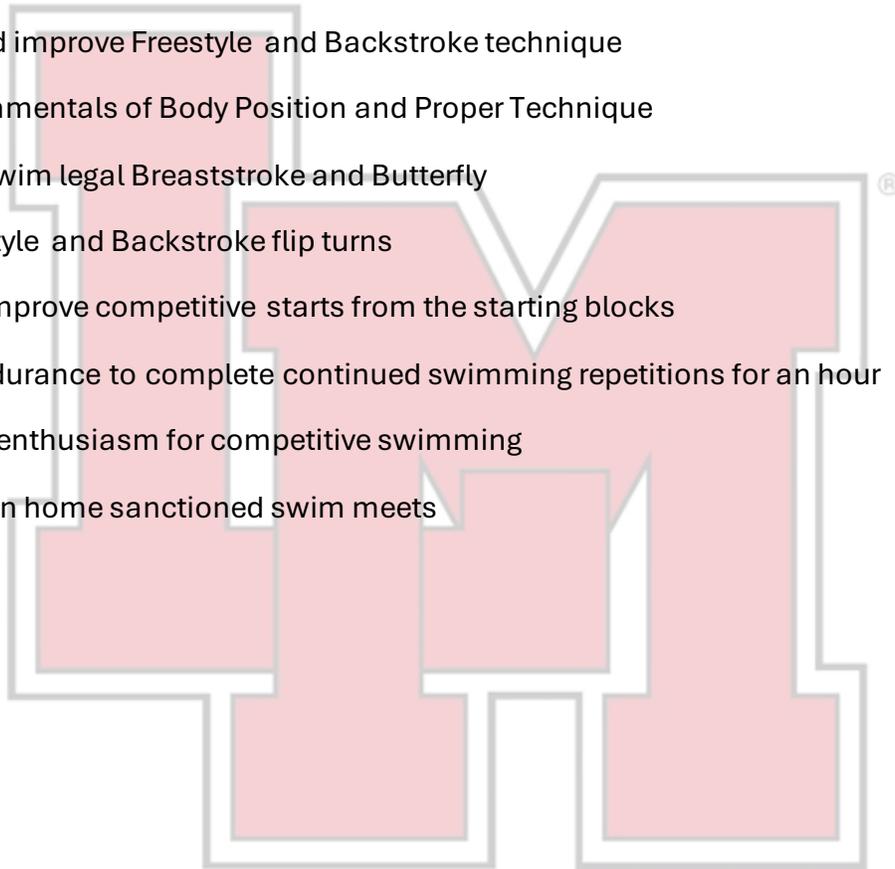
Learn Freestyle and Backstroke flip turns

Learn and improve competitive starts from the starting blocks

Develop endurance to complete continued swimming repetitions for an hour

Develop an enthusiasm for competitive swimming

Participate in home sanctioned swim meets



Silver Practice Group and Objectives

For swimmers 8 years of age or older who have demonstrated the ability to participate within a group setting, understand swimming terminology, and who can legally race all four strokes. Swimmers will begin to complete structured sets but will prioritize technique over intensity and volume. Swimmers must be able to consistently perform proper technique throughout the span of practice.

Objectives

Continued development and improvement with technique in all four strokes

Build endurance and strength in the water

Race during repetition of shorter distances

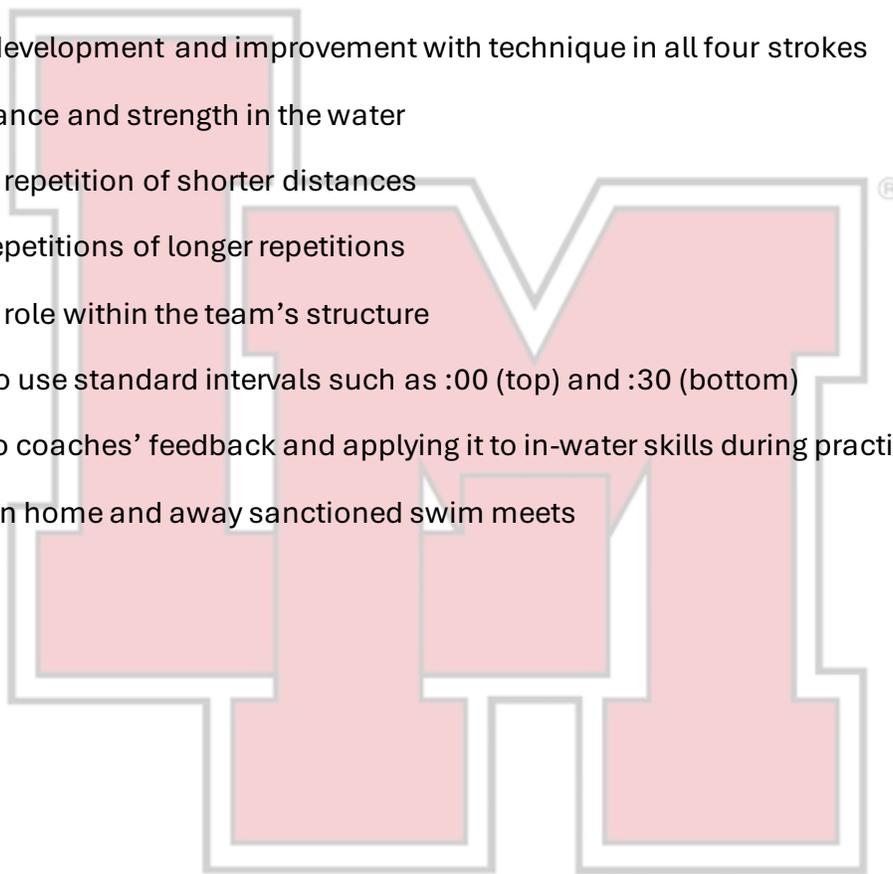
Complete repetitions of longer repetitions

Understand role within the team's structure

Learn how to use standard intervals such as :00 (top) and :30 (bottom)

Reception to coaches' feedback and applying it to in-water skills during practice

Participate in home and away sanctioned swim meets



Gold Practice Group and Objectives

For swimmers aged 10 years or older. This program is designed for the competitive swimmer who attends practice regularly. Swimmers will continue to work on proper technique within all four strokes while completing structured sets/daily.

Objectives

Extensive stroke technique and fundamentals of competitive swimming will be stressed.

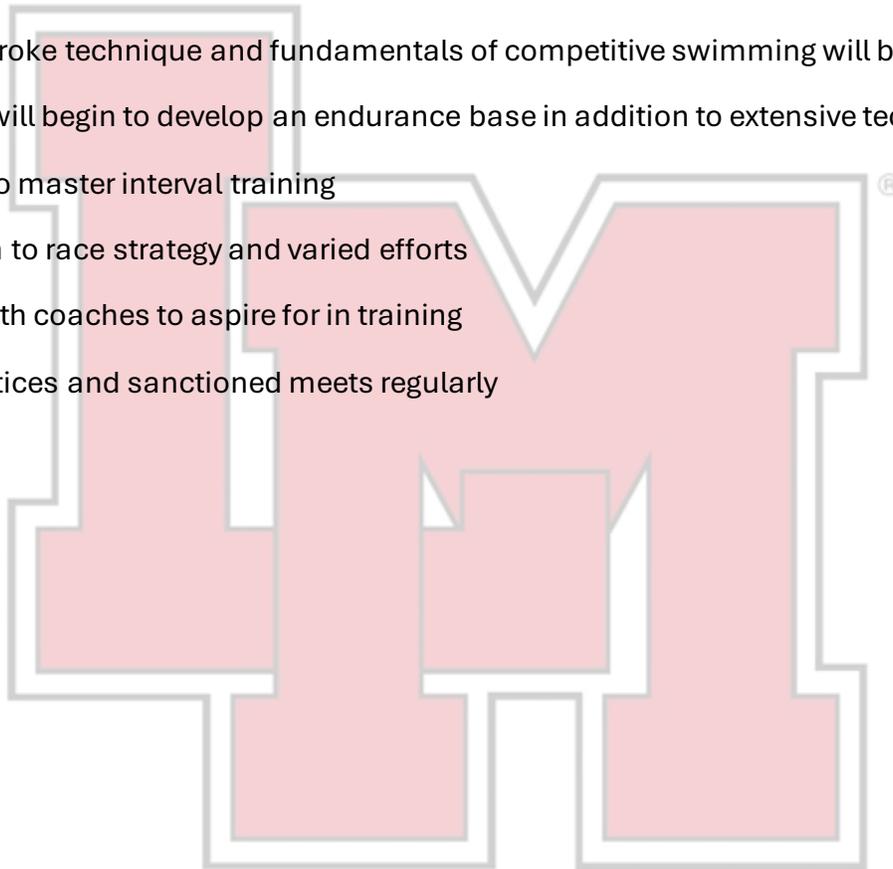
Swimmers will begin to develop an endurance base in addition to extensive technique work

Learn how to master interval training

Introduction to race strategy and varied efforts

Set goals with coaches to aspire for in training

Attend practices and sanctioned meets regularly



Platinum Practice Group and Objectives

For swimmers aged 11 years or older. This program is designed for swimmers who are striving to compete at Age Group Championships. Training sessions will focus on a progressive system of endurance development while preparing for a more advanced level of competition.

Objectives

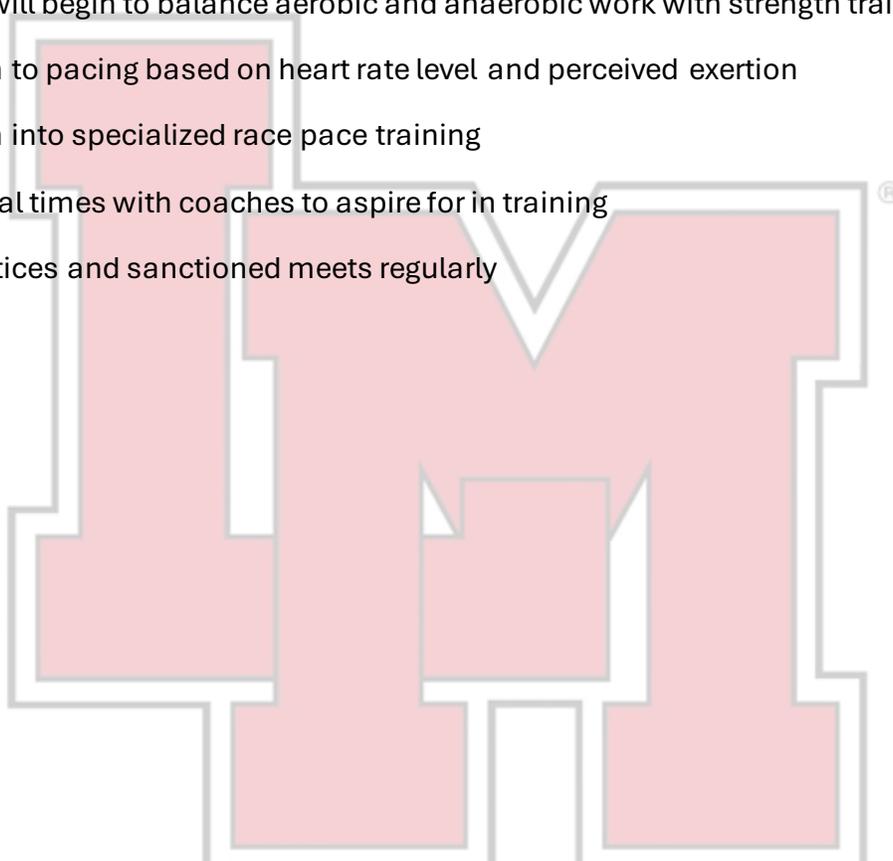
Swimmers will begin to balance aerobic and anaerobic work with strength training

Introduction to pacing based on heart rate level and perceived exertion

Introduction into specialized race pace training

Set meet goal times with coaches to aspire for in training

Attend practices and sanctioned meets regularly



Diamond Practice Group and Objectives

For swimmers ages 12 to 14. This program is designed for swimmers who are striving to compete at All Stars/Zones. Swimmers will continue the development of improved stroke technique while utilizing a program with intense and diverse endurance training.

Objectives

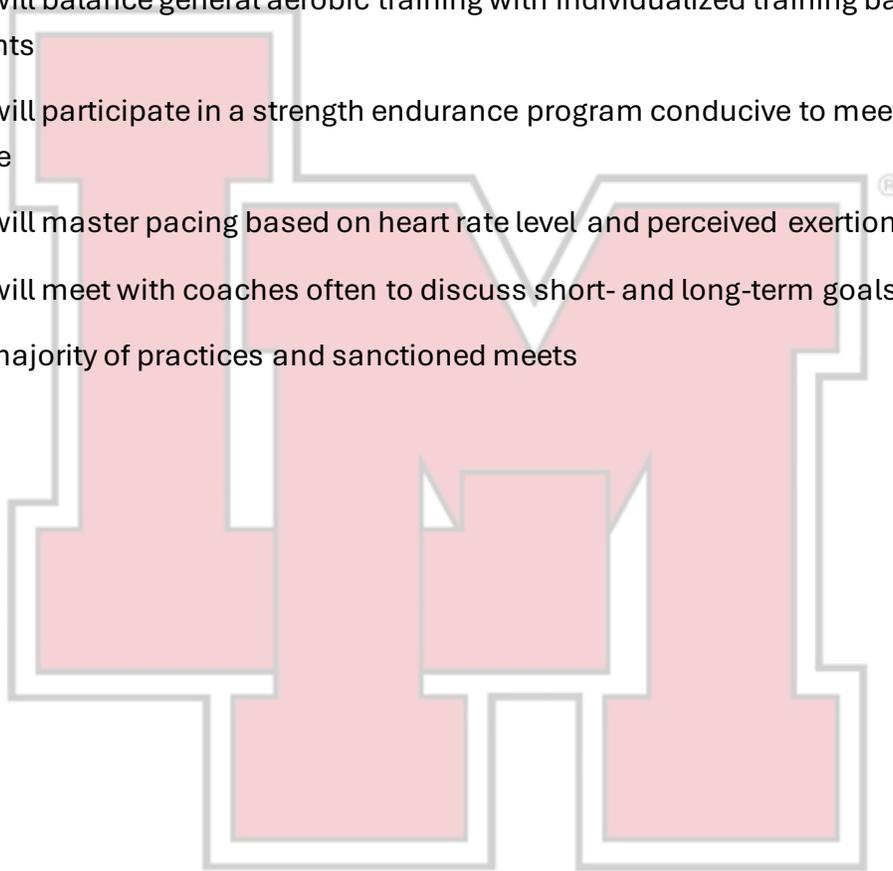
Swimmers will balance general aerobic training with individualized training based on primary events

Swimmers will participate in a strength endurance program conducive to meet performance

Swimmers will master pacing based on heart rate level and perceived exertion

Swimmers will meet with coaches often to discuss short- and long-term goals

Attend the majority of practices and sanctioned meets



Senior Practice Group and Objectives

This group is for high school aged swimmers *only*. This program is designed for athletes who have extensive experience in competitive swimming and have demonstrated the ability and willingness to make a consistent commitment to swimming. Training will focus on preparing these swimmers for an advanced level of competition such as LSC Championships, HS State, Central Zone Sectionals, and other National level meets.

Objectives

Swimmers will balance aerobic and anaerobic training with individualization based on primary events

Swimmers will participate in a lifting program conducive to meet performance

Swimmers will meet with coaches often to discuss short- and long-term goals

Attend practices and sanctioned meets regularly

