

## **Club: Age Group Descriptions and Requirements**

**Group Notes:** All groups are divided by **age/grade, training ability, time standards, attendance, maturity, and performance**. Sometimes swimmers who are not at or near the time standard for a group may be considered to move up if they are extraordinary in other areas such as training ability, attendance, maturity, and leadership. For example, 8<sup>th</sup> graders may be moved up if they meet the criteria for the senior group. The coaches will decide on the most appropriate group for each swimmer.

**Gold:** The Gold group is the first stage of intermediate training. Swimmers in this group are now *learning to train*, and what it means to prepare for future swimming. This stage is all about development. Our focus is on laying the groundwork for commitment and satisfaction derived from hard work. Swimmers in the Gold group enjoy exciting new levels of training and a chance to take their imagination to fruition.

The gold group typically has swimmers ages 11-14. Trains 5 times a week for 90 minutes. 10-15 minutes utilized for team meetings and dryland. Attendance expectations are 4 times a week minimum during the primary season and flexibility in the other season.

Factors coaches **may** utilize in determining a swimmer's placement in the Gold Group

1. Age & Coachability
2. Ability to execute a T-30
3. Ability to swim a timed 200 and/or 400 IM in practices and meets
4. Models of the team's Culture and Values at ALL times
5. Satisfactorily Completes YSF Training and Time Group Standards
6. Coach Recommendation

**Champs:** Our Champs group is our first official high-commitment level group for swimmers focused on challenging themselves and upping their level of dedication to the sport of swimming. This group transitions their focus from "learning to train" to "training to train" and what it takes to reach new heights of swimming. Swimmers in this group routinely want to push the threshold and challenge their abilities physically, mentally, and technically. The 400 IM and 200 Fly become a major event focus for this training group. Champs swimmers compete at our home meets, local challenge meets, invitationals, and Championship meets (hence the name). Some swim meets will require travel.

The Champs group typically has swimmers ages 12-14. Trains 6 times a week for 120 minutes. With 15-30 minutes of that time utilized for team meetings and dryland. Attendance expectations are 5 times a week including one morning. Limited flexibility is given outside in our two seasons, swimmers should meet with their group coach to discuss their plan and involvement with other sports.

Factors coaches **may** utilize in determining a swimmer's placement in the Champs Group

1. Has completed all of their IMX events

2. Achieve prescribed stroke count goals for 200 IM and 400 IM in previous training group
  - a. A good measure is 16,28,16,28 for the 200 IM. A good measure is 32,56,32,56 for the 400 IM
3. Maintains an attendance average of 80% to be reviewed monthly
4. Has multiple SMART goals and shows their commitment to them with action.
5. Models of the team's Culture and Values at ALL times
6. Satisfactorily Completes YSF Training and Time Group Standards
7. Coach Recommendation