

SAW Group Development Model

BRONZE II - Ages 11 & Under

Swimmer Development	Training	Mental Skills	Competition
<ul style="list-style-type: none"> ● Focusing on refining freestyle and backstroke. Including strokes, starts, and turns. ● Water safety skills as needed. ● Encourages multi-sport participation to develop general motor skills, coordination, and overall athleticism. 	<ul style="list-style-type: none"> ● Low-moderate intensity ● Heavy emphasis on technique and developing comfort and feel for the water. ● Learning lane etiquette and basic understanding of the pace clock. ● Emphasis on fun and engagement. ● No more than 4 training sessions per week. 	<ul style="list-style-type: none"> ● Building confidence. ● Focus on learning from mistakes. 	<ul style="list-style-type: none"> ● Competing no more than once a month. Introduction to meet format, proper warm-up, race, and cool-down procedures. ● Must attend at least 25% of practices to compete.
<p>Group Requirements: Must be able to do at least one of the following: Kick 25 yards with a kickboard and touch the bottom of a 7-foot pool, swim 25 yards without assistance. Must be able to handle four (4) 45-minute workouts per week.</p>			



SAW Group Development Model

BRONZE I - Ages 11 & Under

Swimmer Development	Training	Mental Skills	Competition
<ul style="list-style-type: none"> ● Focusing on refining all strokes. Including strokes, starts, and turns. ● Nutrition - Teaching the fundamentals of nutrition as part of athlete education. Emphasis on family involvement in creating healthy eating routines. ● Encourages multi-sport participation to develop general motor skills, coordination, and overall athleticism. 	<ul style="list-style-type: none"> ● Moderate intensity. Skill-heavy training with moderate aerobic focus. ● Furthering the understanding of pace clock, and intervals. ● Fostering a love for swimming. ● No more than 4 training sessions per week. 	<ul style="list-style-type: none"> ● Mindfulness. ● Pressure management. ● Focus-building 	<ul style="list-style-type: none"> ● Competing on average once a month, with an introduction to prelim/final and championship meets. Basic understanding of race strategy and tactics. ● Must attend at least 25% of practices to compete.
<p>Group Requirements: Must be able to legally compete in freestyle and backstroke, and be willing to develop breaststroke and butterfly. Must be able to handle four (4) 60-minute workouts per week.</p>			



SAW Group Development Model

SILVER II - Ages 9-14

Swimmer Development	Training	Mental Skills	Competition
<ul style="list-style-type: none"> ● Refining technique and stroke efficiency while maintaining training load. ● Maintaining speed and power through underwater phases, with integration into main sets. ● Nutrition - establishing healthy eating habits to support growth and activity. Athlete still heavily relies on family involvement for healthy eating routines. ● Encourages continued participation in other sports with swimming as the primary focus. 	<ul style="list-style-type: none"> ● Swim: Moderate volume with increasing frequency. Balancing technique and fitness. ● Maintaining a love for swimming. ● Dryland: Introduction to strength training using body weight, medicine balls, and light resistance. Focused on functional strength and injury prevention. ● No more than 5 training sessions per week, to include up to 2 dryland sessions. 	<ul style="list-style-type: none"> ● Fostering a positive mindset, confidence, and the ability to thrive in a competitive environment. 	<ul style="list-style-type: none"> ● Competing on average once a month, increasing frequency to prelim/final and championship meets. ● Must attend at least 33% of practices to compete.
<p>Group Requirements: Must meet at least two (2) of the following: Achieved at least two (2) 10 & under “B” times, swim 6 x 75 freestyle on 1:30 interval (SCY), kick 4 x 75 flutter on 2:00 interval (SCY). Must be able to handle five (5) 90-minute workouts per week.</p>			



SAW Group Development Model

SILVER I - Ages 9-14

Swimmer Development	Training	Mental Skills	Competition
<ul style="list-style-type: none"> ● Refining technique and stroke efficiency while maintaining moderate-high training load. ● Emphasizes underwater skills during race simulation, focusing on maintaining technique under fatigue. ● Nutrition - Balancing nutrition for increased training loads, growth spurts, and performance. Begin building independence in food choices. ● Suggests narrowing focus to swimming, but supports other sports for cross-training or enjoyment. 	<ul style="list-style-type: none"> ● Higher volume with increasing frequency. Balancing technique and endurance. ● Dryland: Introduction to strength training using body weight, medicine balls, and light resistance. Focused on functional strength and injury prevention. ● No more than 5 training sessions per week, to include up to 2 dryland sessions. 	<ul style="list-style-type: none"> ● Developing self-discipline, goal-setting skills, and adaptability to high-pressure situations. ● Introduction to visualization for championship meets. 	<ul style="list-style-type: none"> ● Competing at least once per month. Continued development in their approach to prelim/final and championship meets. ● Emphasis on mental preparation, pacing strategies, and race tactics ● Must attend at least 40% of practices to compete.
<p>Group Requirements: Must be able to compete legally in all four (4) strokes as well as the Individual Medley (IM). Must also meet at least two (2) of the following: Achieved at least two (2) 11-12 “B” times, swim 6 x 100 freestyle on 1:45 interval (SCY), kick 5 x 100 flutter on 2:15 interval (SCY). Must be able to handle five (5) 90-minute workouts per week.</p>			



SAW Group Development Model

Gold II - Ages 13+ (Must be in at least the spring semester of 8th grade)

Swimmer Development	Training	Mental Skills	Competition
<ul style="list-style-type: none"> ● Focusing on refining all strokes. Including strokes, starts, and turns. ● Maintaining speed and power through underwater phases, with integration into main sets. ● Nutrition - Begin developing an understanding of fueling strategies for training, performance, and recovery. ● Prioritizes swimming as the primary sport but allows cross-training for recovery and complementary skills. 	<ul style="list-style-type: none"> ● Swim: Building strength, endurance, and power with a mix of aerobic and anaerobic training. ● Dryland: Progressive strength and conditioning programs tailored to the athlete's stage. Injury prevention is emphasized. ● Up to 8 training sessions per week, including up to 2 dryland sessions. 	<ul style="list-style-type: none"> ● Fostering a positive mindset, confidence, and the ability to thrive in a competitive environment. 	<ul style="list-style-type: none"> ● Competing on average once a month, increasing frequency to prelim/final and championship meets. ● Must have at least 40% attendance to compete.
<p>Group Requirements: Must be able to legally compete in freestyle, backstroke, and be willing to develop breaststroke and butterfly. Must be able to handle 8-12 hours of training per week.</p>			



SAW Group Development Model

GOLD I - Ages 13+

Swimmer Development	Training	Mental Skills	Competition
<ul style="list-style-type: none"> ● Continual refinement of skills, emphasizing adaptability and technique under fatigue. ● Emphasis on mastering underwater kickouts and transitions, aligning with 15m rules. ● Nutrition - Strategic fueling for performance and recovery. Further development on self-managing nutrition. Potential guidance from a dietitian. ● Specialization in swimming is strongly encouraged. Opportunities to engage in other sports for variety or enjoyment during the off-season (such as yoga, pilates, or cycling). 	<ul style="list-style-type: none"> ● Development of physical robustness through aerobic base, dryland, and race-specific training. ● Dryland - Comprehensive strength program integrating resistance, mobility, and injury prevention. ● Up to 9 training sessions per week, including up to 3 dryland sessions. 	<ul style="list-style-type: none"> ● Emphasis on mental toughness, competitive resilience, and intrinsic motivation. ● Continued development in utilizing visualization for high-level competitions. ● Work with a sports psychologist as needed. 	<ul style="list-style-type: none"> ● Competing at least once per month. Emphasis on competing at high-level competitions such as regionals, state, STAGS/Senior Champs, TAGS, etc... ● Focus on race simulation in training and fine-tuning pace strategies. ● Must attend at least 50% of practice to compete.

Group Requirements: Must be able to compete legally in all four (4) strokes as well as the Individual Medley (IM). Must also meet at least two (2) of the following: Achieved at least two (2) 15-16 “B” times, swim 8 x 100 freestyle on 1:25 interval (SCY), kick 6 x 100 flutter on 1:55 interval (SCY). Must be able to handle up to 15-17 hours of training per week.



SAW Group Development Model

High Performance - Ages 14+ (Must be in at least the spring semester of 8th grade)

Swimmer Development	Training	Mental Skills	Competition
<ul style="list-style-type: none"> ● Precision and refinement in stroke mechanics with the ability to adapt to different race conditions. ● Heavy emphasis on mastering underwater kickouts and transitions, aligning with 15m rules. ● Nutrition - Optimizing nutrition for peak performance and recovery. Advanced strategies include nutrient timing and supplementation where necessary. Potential guidance from a dietitian. ● Specialization in swimming is strongly encouraged to optimize performance and prepare for collegiate or elite-level swimming. Opportunities to engage in other sports for variety or enjoyment during the off-season (such as yoga, pilates, or cycling). 	<ul style="list-style-type: none"> ● Swim - Refinement of all skills and peak preparation for high-level competitions. Building resiliency. Maximizing efficiency in race conditions. ● Dryland - Advanced strength and mobility program using resistance training, plyometrics, race-specific power development, and injury prevention. ● Preparing swimmers for long-term collegiate and national-level success. ● Up to 10 training sessions per week, to include up to 3 dryland sessions. 	<ul style="list-style-type: none"> ● Cultivating a positive, process-oriented mindset and mental endurance for elite competition. ● Strong team culture promotes peer support, mental toughness, and physiological recovery strategies. ● Use of visualization for High-stakes competitions. ● Work with a sports psychologist as needed. 	<ul style="list-style-type: none"> ● Competing at least once per month. Emphasis on competing at major competitions such as UIL State, TAGS, Sectionals, Junior Nationals, Etc... ● Structured training blocks to simulate race conditions to ensure peak performance at major events. ● Must have at least 80% attendance to compete.
<p>Group Requirements: Must have at least two (2) Sectional bonus cuts. Must be able to handle up to 18-20 hours of training per week. All swimmers must have at least 75% attendance to remain in the group.</p>			

