



Swim Team Groups

The Rose Bowl Aquatics Swim Team groups are structured to ensure that each swimmer has the ability to swim with their peers, both in terms of age groups and by ability. The coaching staff works very hard to ensure that each swimmer is in the best group for that individual.

This document has been designed to give you all the details of each group and, hopefully, to answer any questions. Please review the general group information on this page and then see the specific group information on the following pages.

Group Information –

The next page is a list of the practice groups, the coach of that group, and the workout times.

Group Flow Chart –

As you will see on page 3, we have a chart that shows the potential flow between groups. Once a swimmer has been assigned to a group, that coach can then go over the details of where that swimmer can expect to move next, and the criteria for that move are listed on the pages below.

Group Placements –

On the following group pages, you will see all group details, including the criteria for moving to other groups. Because of the space limitations on each page, we have put what we consider to be the “goal” move for any given group. While we have chosen one group, this will vary from swimmer to swimmer, based on amount of time spent in the group, age, and other factors. If you do not find the criteria for the move that you are looking for on your group page, please check other pages for those details.

The criteria for moving to groups have three main parts:

Performance criteria: These are focused on the racing performance of the swimmer, which means meet attendance will be an important aspect.

Training component: For most groups this will be test sets and certain intervals that a swimmer needs to be able to attain during practices. Coaches will monitor how swimmers perform in workouts and ensure that swimmers are able to train at these levels on a day-to-day basis and not in a one-time performance on a set.

Commitment and Attitude component: The coaches will be looking for those swimmers that are showing the focus, commitment and positive attitudes expected of the next level groups. We have a strong belief in the need for each swimmer to commit to a consistent schedule in their swimming, in order to reach the goals they set for themselves. While this schedule will vary from group to group, and swimmer to swimmer, there needs to be that commitment from each swimmer.

While the coaching staff will look at all three of these categories when they consider moves from group to group, there will be times that it is in the best interest of the TEAM and the swimmers to make moves based on only one or two of the categories. Oftentimes, we will look at performance to determine those moves.

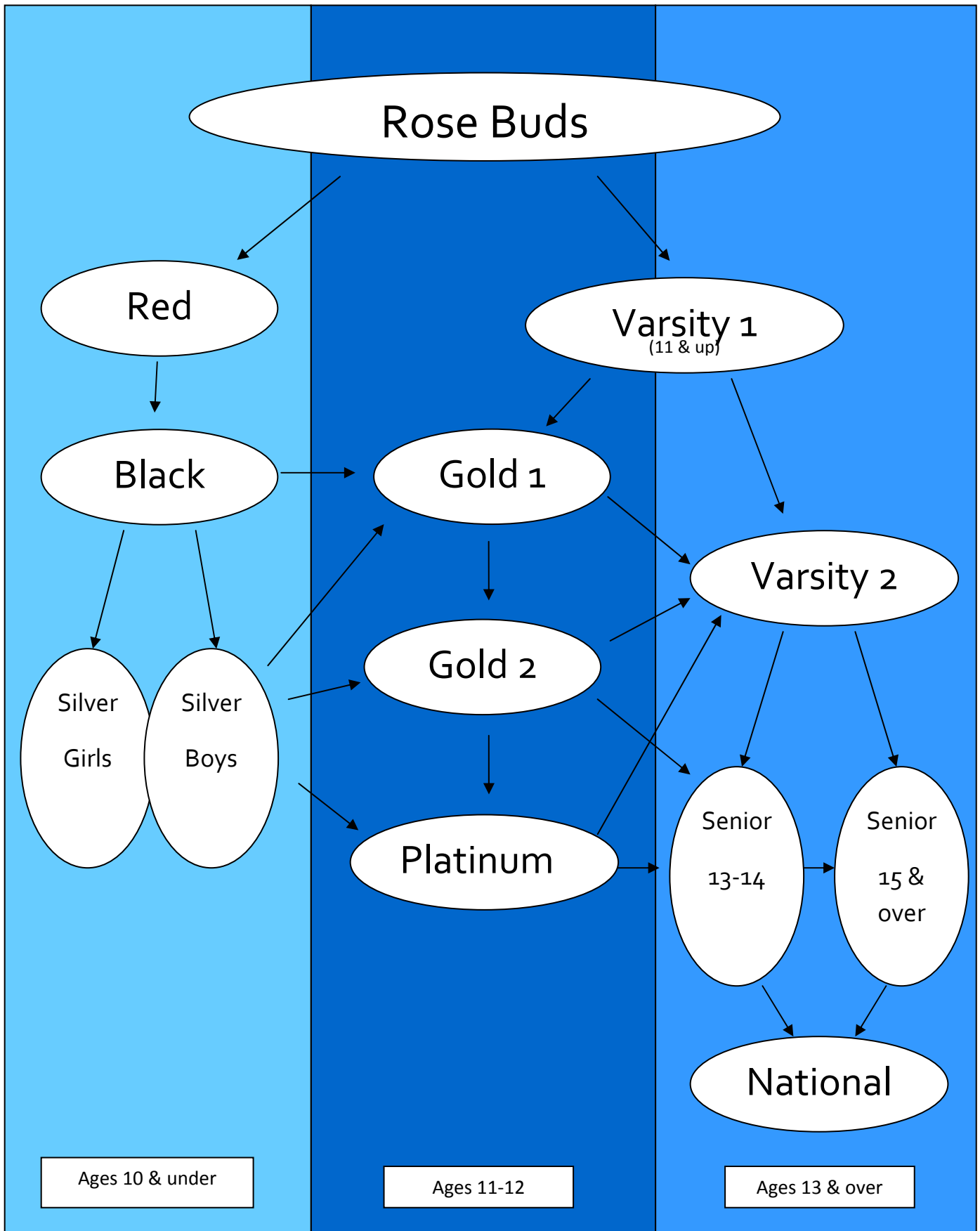
Group Moves –

There will be three main times during a year that swimmers will be moved. First will be December, then following the end of the short course season (approximately February), and then in August. At that time, the staff will look at the entire program and determine moves for the start of the new season at the end of August. We will also determine if there needs to be adjustments to groups (adding groups, practice times, etc.). Please keep in mind that moves between groups will depend on when the focus meet for those groups are during those months. We will announce when those moves are being done for each group.

Rose Bowl Aquatics Group Schedules

Group	Coach	PM Practice Time	AM Practice Time	Monthly Fee	Ages
RED	James Gallagher jgallagher@rosebowlaquatics.org	3:30-4:30	n/a	\$105.00	10 & un
BLACK	James Gallagher jgallagher@rosebowlaquatics.org	4:40-5:50	n/a	\$110.00	10 & un
SILVER BOYS	Diane Jarvis djarvis@rosebowlaquatics.org	3:30-5:00	n/a	\$120.00	10 & un
SILVER GIRLS	Kristine Quance kquance@rosebowlaquatics.org	3:30-5:00	n/a	\$120.00	10 & un
GOLD 1	Diane Jarvis djarvis@rosebowlaquatics.org	5:00-6:20	n/a	\$115.00	11-12
GOLD 2	Jeff Klotz jklotz@rosebowlaquatics.org	5:30-7:00 (Thur -3:30-5:00)	n/a	\$120.00	11-12
PLATINUM	Kristine Quance kquance@rosebowlaquatics.org	5:00-7:00 (Mon-B&G Club -5:15-7:15)	Sat. 8:00-10:45	\$135.00	11-12
VARSITY 1	James Gallagher jgallagher@rosebowlaquatics.org	6:00-7:00	n/a	\$105.00	11 & up
VARSITY 2	Ben Kientz bkientz@rosebowlaquatics.org	3:30-5:00	n/a	\$120.00	13 & up
SENIOR 13-14	Jeff Klotz jklotz@rosebowlaquatics.org	3:30-5:30 (Thur -B&G Club 5:15-7:15)	Tu 5:00-6:45; Sat. 8:00-10:45	\$150.00	13 & up
SENIOR 15 & over	Ben Kientz bkientz@rosebowlaquatics.org	5:00-7:00 (Wed -B&G Club 5:15-7:15)	Tu 5:00-6:45; Sat 7:30-10:30	\$150.00	13 & up
NATIONAL	Jeff Julian jjulian@rosebowlaquatics.org	3:30-6:30 (Tues B&G Club 4:45-7:15)	M/W/F 5:00-6:45; Sat 6:00-9:00	\$170.00	13 & up

Rose Bowl Aquatics – Group Flow Chart



● **National Group** – 13 years and over

The mission of the National Group is to develop our top level swimmers into nationally and internationally accomplished student-athletes. The dedication, work ethic, time management, and goal setting skills that they will learn while in this group will help them succeed throughout their lives. Each swimmer in the group should envision themselves participating in collegiate swimming after graduating and the work they will put in will allow the National Group swimmers the best opportunity to earn athletic scholarships to top universities.

Expectations –

- Student-Athlete – Time management is the key.
- Attend all meets on schedule.
- Minimum workout attendance(during school year) All workouts are required during summer schedule.
 - Sophomores, Juniors and Seniors - all afternoons, Sat morning, and 1 weekday morning are required (7 workouts / week)
 - Freshman – all afternoons and Sat morning are required (6 workouts / week)
 - Other morning workouts should be used to make up any missed required practices
- Consistency
 - Effort levels in practice
 - Attendance
 - Focus
 - Stroke improvement
 - Knowledge of times / heart rates
- Extended periods of absence from workouts during season are not permitted.
- “Ownership of swimming” – Swimmers are expected to communicate with coach and take responsibility for their swimming.
- Parent volunteers for the jobs that require more time commitment

Group Focus Points –

- Turns and “underwaters” will become assets
- Stroke efficiency – balance between power and tempo
- Fine tuning stroke techniques – loose / powerful strokes
- Race strategies

Required equipment –

- Kick board
- Paddles
- Buoy
- Fins
- Finis snorkel

Workout Schedule -

Mon - AM - 5:00-6:45 (stretch first 10 minutes)
PM - 3:30-6:30 (3:30-5:30 swim, dryland 5:30-6:30)

Tues - PM - 4:45-7:15 (at Boys & Girls Club)

Wed - AM - 5:00-6:45 (stretch first 10 minutes)
PM - 3:30-6:30 (3:30-5:30 swim, dryland 5:30-6:30)

Thurs - PM - 3:30-6:00 (abs for 10-15 minutes, swim until approx. 5:45, run 6-6:30)

Fri - AM – 5:00-6:45 (stretch first 10 minutes)
PM - 3:30-6:30 (3:30-5:30 swim, dryland 5:30-6:30)

Sat - AM – 6:00-9:00 (stretch first 10 minutes)

● **15 & over Senior Group** – 15 years and older

The mission of the 15 and over Senior Group is to take our high school swimmers and get them prepared to race at Junior Olympics, CIF meets and then moving on to the “Senior” swimming levels. They will continue to learn the importance of hard work and dedication, and will begin to focus on “National” level swimming. The goals of the 15 and over Senior Group will be to focus on scoring points at the Summer JO’s, achieving Sectionals time standards, and moving up in their high school competitions (CIF and League Championships). Those moving on from this group will be expected to have great stroke technique, an excellent grasp on race splitting and pace training, and know how to prepare to race at their best.

Expectations –

- Commitment to swimming – set a training schedule and stick to it
- Competitive group – attendance at meets
- Focus on moving their swimming to the next level
- Pace training, variation of focused training intensities, dedication to dry-land training, successful school/swimming time management, etc.
- Personal Responsibility – taking care of injuries, manage social life, school work and proper nutrition
- Parent volunteers for the jobs that require more time commitment

Group Focus Points -

- Focus on entire turn (approach to wall, turn, underwater and breakout)
- Racing
- Continued stroke technique improvement
- Increased efficiency in strokes (higher elbows/increased distance per stroke)
- Heart-rate and pace training
- Starts (flat and relay)

Required Equipment –

- Kickboard
- Paddles
- Buoy
- Fins
- Finis snorkel

Workout Schedule -

Mon - PM - 5:00-7:00
Tues - AM - 5:00-6:45
 PM - 4:30-7:00 (4:30-5:20 dryland, swim 5:20-7:00)
Wed - PM - 5:15-7:15 (at Boys & Girls Club)
Thurs - PM - 4:30-7:00 (4:30-5:20 dryland, swim 5:20-7:00)
Fri - PM - 5:00-7:00
Sat - AM - 7:30-10:30 (7:30-9:15 swim, dryland 9:15-10:00)

Criteria for joining National Group –

- Performance
 - Qualified for Sectionals
 - Some swimmers may qualify based on % away from their Sectional cut in order to maintain the optimal size of the National group
- Training
 - Test Sets –
 - 20 x 100 yd. Free @1:15 or 20 x 100 m. Free @1:25
 - 10 x 200 yd. IM @2:45 or 10 x 200 m. IM @3:10
 - 500 yd. kick w/board @7:55 (1:35/100) or 500 m. kick w/board @8:45 (1:45/100)
 - Stroke Threshold Pace -
 - 10 x 100 yd Best Stroke (Fly/Ba@1:20, Br@1:25) or 10 x 100 m Best Stroke (Fly/Ba@1:30, Br@1:35)
- Other
 - Commitment – it’s a lifestyle and has to be a family decision
 - 6 workouts per week
 - Attend all meets
 - TEAM Attitude
 - Focus – on technique, training, improvement
 - Drive to reach next level of swimming

● **13-14 Senior Group** – 13-14 years old

The mission of the 13-14 Senior Group is to have an environment that focuses on the 13-14 age swimmers and prepares them to not only be at JO's, but to be a major scoring component for the TEAM. Through this training, these swimmers will also receive the training and focus needed to begin to move out of age group swimming and into "senior" swimming. The swimmers in this group will be focused on improving their stroke technique and begin the training cycles that will be used as they continue to move towards the National Group.

Expectations –

- Commitment – Set a workout schedule and commit to that level
- Competitive group – attendance at meets
- TEAM attitude – Positive and Supportive
- Pace training, variation of focused training intensities, dedication to dry-land training, successful school/swimming time management, etc.
- Personal Responsibility – taking care of injuries, manage social life, school work and proper nutrition
- Parent volunteers for the jobs that require more time commitment

Group Focus Points -

- Focus on entire turn (approach to wall, turn, underwater and breakout)
- Stroke technique while swimming fast – loose and fast
- Increase in set complexity and training levels
- Continued stroke technique improvement
- Increased efficiency in strokes (higher elbows/increased distance per stroke)
- Heart-rate and pace training
- Starts (flat and relay)
- Quick walls (turns)

Required Equipment -

- Fins
- Kickboard
- Buoy
- Paddles
- Finis Snorkel

Workout Schedule -

Mon - PM - 3:30-5:45 (3:30-5:00 swim, dryland 5:00-5:45)
Tues - AM - 5:00-6:45 (optional w/ 15 & over Sr - discuss w/ coach)
 PM - 3:30-5:30
Wed - PM - 3:30-5:30 (3:30-5:00 swim, dryland 5:00-5:45)
Thurs - PM - 5:15-7:15 (at Boys & Girls Club)
Fri - PM - 3:30-5:30
Sat - AM - 8:00-10:45 (8-10 swim, dryland 10:00-10:45)

Criteria for joining National Group –

- Performance
 - Qualified for Sectionals
 - Some swimmers may qualify based on % away from their Sectional cut in order to maintain the optimal size of the National group
- Training
 - Test Sets –
 - 20 x 100 yd. Free @1:15 or 20 x 100 m. Free @1:25
 - 10 x 200 yd. IM @2:45 or 10 x 200 m. IM @3:10
 - 500 yd. kick w/board @7:55 (1:35/100) or 500 m. kick w/board @8:45 (1:45/100)
 - Stroke Threshold Pace
 - 10 x 100 yd Best Stroke (Fly/Ba@1:20, Br@1:25) or 10 x 100 m Best Stroke (Fly/Ba@1:30, Br@1:35)
- Other
 - Commitment – it's a lifestyle and has to be a family decision
 - 6 workouts per week
 - Attend all meets
 - TEAM Attitude
 - Focus – on technique, training, improvement
 - Drive to reach next level in swimming

● **Varsity 2 Group** – 13 years and older

The mission of the Varsity 2 Group is to continue teaching techniques from the Varsity 1 Group and to begin to increase the level of training for those athletes. Swimmers will begin to learn how to push themselves in the water, while still staying focused on maintaining proper techniques. This group will offer those high school age swimmers an opportunity to be prepared and have improved stroke technique for the next high school swim season.

Expectations –

- Expect more of your swimming
- Reaching for the next level and believing possible
- Stroke improvement
- Develop good training habits
- Goal setting
- Understanding of relationship between training and performance

Group Focus Points –

- Ability to hold all four strokes in 200 races
- Introduce more race pace training
- Continued stroke technique improvement
- Increased focus on competitive swimming “skills” (starts, turns, streamlines, etc)

Required Equipment –

- Kickboard
- Fins
- Buoy
- Paddles (red size 0.5)

Workout Schedule -

Mon - 3:30-5:00 pm (3:30-4:05 dryland, swim 4:05-5:00)
Tues - 3:30-5:00 pm
Wed - 3:30-5:00 pm (3:30-4:05 dryland, swim 4:05-5:00)
Thurs - 3:30-5:00 pm
Fri - 3:30-5:00 pm (3:30-4:30 swim, dryland 4:30-5:00)

Criteria for joining 13-14 or 15 and over Senior Groups –

- Performance
 - At least one Blue time in 13-14 division, or
 - At least three red times in 13-14 division
- Training
 - Test Sets –
 - 12 x 100yd Free on 1:30 or 12 x 100m Free on 1:45
 - 8 x 200yd Free on 3:00 or 8 x 200 m Free on 3:30
 - 8 x 200yd IM on 3:25 or 8 x 200m IM on 3:55
 - 20 x 50yd kick w/board on 1:00 or 20 x 50m kick w/board on 1:15
 - 12 x 100yd Best Stroke (Fl/Ba@1:45, Br@1:55)
 - 12 x 100m Best Stroke (Fl/Ba@2:00, Br@2:10)
- Other
 - Commitment –expectation of each swimmer is to commit to schedule set with coach
 - Positive Attitude
 - Focus – On sets, on stroke technique, on improving
 - Drive to reach next level in swimming

● **Varsity 1 Group** – 11 years and older

The mission of the Varsity 1 Group is to begin to increase the training level for those taking the next step in their competitive swimming. Swimmers entering this group should be able to swim all four competitive strokes legally for 100 yards. The Varsity 1 group will focus on improving the competitive swim techniques, both for strokes and for skills like dives, turns and streamlines, and also begin to teach swimmers how to increase the speed of their swimming. The design of this group is to give our middle and high school swimmers that are continuing their swimming experience a chance to swim with peers and give everyone an opportunity to pursue and enjoy everything this TEAM has to offer.

Expectations –

- Continued focus on improving stroke technique
- Attendance at a minimum of one meet per season (Sept-Dec, Dec-Feb, Mar-Jul)
- Ability to swim 100 yards legally of all four strokes

Group Focus Points –

- Improve stroke technique
- Improve technique on all turns
- Clock management / Intro to interval training
- Intro to competitive swimming

Required Equipment –

- Kickboard
- Fins
- Buoy

Workout Schedule -

Mon - 6:00-7:00 pm
Tues - 6:00-7:00 pm
Wed - 6:00-7:00 pm
Thurs - 6:00-7:00 pm
Fri - 6:00-7:00 pm

Criteria for joining Varsity 2 Group –

- Performance
 - Ability to swim 100 yards legally in all four strokes
 - Consistent ability on turns and breakouts
 - Clock skills (intervals)
 - 13-14 National “B” cut plus 10%
- Training
 - Test Sets –
 - 6 x 100yd Free on 1:40
 - 10 x 50yd Stroke on :55
 - Endurance to complete an hour and a half workout
- Other
 - Commitment –
 - Regular practice attendance
 - Two meets per season
 - Positive Attitude
 - Focus
 - Improvements in stroke technique

Criteria for joining Gold 1 Group –

- Performance
 - Ability to swim 100 yards legally in all four strokes
 - Consistent ability on turns and breakouts
 - Clock skills (intervals)
 - 11-12 National “B” cut plus 10%
- Training
 - Test Sets –
 - 10 x 50yd Free on :55
 - 10 x 50yd Stroke on 1:00
 - Endurance to complete an hour and a half workout
- Other
 - Commitment –
 - Regular practice attendance
 - Two meets per season
 - Positive Attitude
 - Focus
 - Improvements in stroke technique

● **Platinum Group** – 11-12 years old

The mission of the Platinum Group is to build a strong group of Junior Olympic (JO) swimmers that will be shooting for SCSRT and NRT standards. The swimmers in this group will work to have National Top 10 ranking times each year, and to be top finishing swimmers at the Southern California JO's. Swimmers will be expected to have a strong grasp on stroke technique and will begin to be introduced to more advanced racing strategy. Swimmers will move on to the Junior, Senior or National Group from here.

Expectations –

- Attendance – minimum of four weekly practices for 11 yrs & five for 12 yrs; attend all team meets
- Perform 11-12 JO, SCSRT & NRT times
- Commit to year-round training program (including holidays)
- Demonstrate personal responsibility; for example:
 - Communicates with coach about missed practices, illness, injury, etc.
 - Take full responsibility at meets without parent assistance (ie. Parents won't tell swimmer when to go behind blocks)
 - Keeps up with schoolwork regardless of extra time spent at meets and/or practices
- Parent volunteers for the jobs that require more time commitment

Group Focus Points –

- Increased quality and quantity of training
- Goal setting and knowledge of time standards, personal best meet and practice times
- Dry-land training
- Understand and incorporate coach's feedback (i.e. Changing a bad practice habit)

Required Equipment –

- Fins
- Kickboard
- Buoy
- Paddles (blue 0 for 11 yrs; red 0.5 for 12 yrs)

Workout Schedule -

Mon - 5:15-7:15 pm (Boys & Girls Club)
Tues - 5:00-7:00 pm
Wed - 5:00-7:00 pm
Thurs - 5:00-7:00 pm
Fri - 5:00-7:00 pm
Sat - 8:30-11:00 am

Criteria for joining 13-14 Senior Group –

- Performance
 - At least one Blue time in 13-14 division, or
 - At least three red times in 13-14 division
- Training
 - Test Sets –
 - 12 x 100yd Free on 1:30 or 12 x 100m Free on 1:45
 - 8 x 200yd Free on 3:00 or 8 x 200 m Free on 3:30
 - 8 x 200yd IM on 3:25 or 8 x 200m IM on 3:55
 - 20 x 50yd kick w/board on 1:00 or 20 x 50m kick w/board on 1:15
 - 12 x 100yd Best Stroke (Fl/Ba@1:45, Br@1:55)
 - 12 x 100m Best Stroke (Fl/Ba@2:00, Br@2:10)
- Other
 - Commitment – expectation of each swimmer is to commit to schedule set with coach
 - Positive Attitude
 - Focus – On sets, on stroke technique, on improving
 - Drive to reach next level in swimming

● **Gold 2 Group** – 11-12 years old

The mission of the Gold 2 Group is to provide an opportunity for swimmers to continue their development, and begin qualifying for the Southern California Junior Olympics. Stroke technique is the key ingredient that will make the difference in the development of these swimmers. Members of this group will work to advance to the Platinum (if 11 or 12), Varsity 2 or Junior Group (when 13).

Expectations –

- Attendance: 75% for meets and practice
- Perform 11-12 year-old “Blue”, December & June Invitational and Jr. Olympic times
- Excitement about working toward qualifying for the above time standards
- Parent meets volunteer responsibilities (including timing at meets)

Group Focus Points -

- Increase quality and quantity of training
- Knowledge of time standards, personal best meet and practice times
- Continued progress in performing stroke technique, drills and turns
- Improve practice attendance
- Using pace clock during training

Required Equipment –

- Fins
- Kickboard
- Buoy
- Paddles (blue 0 for 11 yrs; red 0.5 for 12 yrs)

Workout Schedule -

Mon - 5:30-7:00 pm
Tues - 5:30-7:00 pm
Wed - 5:30-7:00 pm
Thurs - 3:30-5:00 pm
Fri - 5:30-7:00 pm

Criteria for joining Platinum Group –

- Performance
 - 11-12 year-old December or June Invitational times (whichever is faster)
- Training
 - Test Sets –
 - 10 x 100 yd. IM @1:40
 - 12 x 100 yd. Free @1:30
 - Ability to use the pace clock without assistance
- Other
 - Consistent meet and practice attendance
 - Parent meets volunteer responsibilities (including timing at meets)

● **Gold 1 Group** – 11-12 years old

The mission of the Gold 1 Group is to provide the opportunity for our 11-12 athletes to develop into Red and Blue level swimmers. This group will have a large focus on developing the strength in their strokes to allow them to become more efficient swimmers.

Expectations –

- Ability to demonstrate legal strokes
- Basic knowledge of turns, starts and stroke drills
- Begin to attend team meets and activities
- Perform 11-12 year-old “Red” & “Blue” times
- Parent meets volunteer responsibilities (including timing at meets)

Group Focus Points –

- Knowledge of time standards & personal best times
- Progress in execution of stroke technique, drills and turns
- Gradually improve practice attendance
- Introduction to “sets”, pacing & interval training
- Use of the pace clock & basic practice “etiquette”

Required Equipment –

- Fins
- Kickboard
- Buoy
- Paddles (blue 0 for 11 yrs; red 0.5 for 12 yrs)

Workout Schedule -

Mon - 5:00-6:20 pm
Tues - 5:00-6:20 pm
Wed - 5:00-6:20 pm
Thurs - 5:00-6:20 pm
Fri - 5:00-6:20 pm

Criteria for joining Gold 2 Group –

- Performance
 - At least two 11-12 year-old “Red” times
- Training
 - Test Sets –
 - 5 x 100yd IM on 1:55
 - 5 x 100yd Free on 1:40
 - Basic knowledge of how to use the pace clock
 - Familiar with, and can perform stroke drills correctly
- Other
 - Regular meet (at least 1/month) and practice attendance (at least 2/week)
 - Parent meets volunteer responsibilities

● **Boys - Silver Group** – 10 years and younger

The mission of the Silver Group is to field a strong 10 and under team at both the Spring and Summer Junior Olympics by aiming for SCSRT and NRT standards. Stroke technique will continue to be emphasized and additional racing skills will be introduced. Swimmers in this group will advance to either the Gold 2 or Platinum groups, at age 11.

Expectations –

- Attendance – all team meets and four weekly practices
- Achieve 10 & un Blue, Dec/June Invitational, JO & SCSRT times
- Swimmer takes more personal responsibility (i.e. Parents won't tell swimmer when to go behind blocks)
- Parent volunteers for the jobs that require more time commitment

Group Focus Points –

- Increased intensity and quantity of training
- Goal setting and knowledge of time standards, personal best meet and practice times
- Incorporate coach's feedback (i.e. Changing a bad practice habit)

Required Equipment –

- Fins
- Kickboard
- Buoy
- Paddles (blue size 0)

Workout Schedule -

Mon - 3:30-5:00 pm
Tues - 3:30-5:00 pm
Wed - 3:30-5:00 pm
Thurs - 3:30-5:00 pm
Fri - 3:30-5:00 pm

Criteria for joining Platinum Group –

- Performance
 - 11-12 year-old December or June Invitational times (whichever is faster)
- Training
 - Test Sets –
 - 10 x 100 yd. IM @1:40
 - 12 x 100 yd. Free @1:30
 - Ability to use the pace clock without assistance
- Other
 - Consistent meet and practice attendance
 - Parent meets volunteer responsibilities (including timing at meets)

● **Girls – Silver Group** - 10 years and younger

The mission of the Silver Group is to field a strong 10 and under team at both the Spring and Summer Junior Olympics by aiming for SCSRT and NRT standards. Stroke technique will continue to be emphasized and additional racing skills will be introduced. Swimmers in this group will advance to either the Gold 2 or Platinum groups, at age 11.

Expectations –

- Attendance – all team meets and four weekly practices
- Achieve 10 & un Blue, Dec/June Invitational, JO & SCSRT times
- Swimmer takes more personal responsibility (i.e. Parents won't tell swimmer when to go behind blocks)
- Parent volunteers for the jobs that require more time commitment

Group Focus Points –

- Increased intensity and quantity of training
- Goal setting and knowledge of time standards, personal best meet and practice times
- Accept and incorporate coach's feedback (i.e. Changing a bad practice habit)

Required Equipment –

- Fins
- Kickboard
- Buoy
- Paddles (blue size 0)

Workout Schedule -

Mon - 3:30-5:00 pm
Tues - 3:30-5:00 pm
Wed - 3:30-5:00 pm
Thurs - 3:30-5:00 pm
Fri - 3:30-5:00 pm

Criteria for joining Platinum Group –

- Performance
 - 11-12 year-old December or June Invitational times (whichever is faster)
- Training
 - Test Sets –
 - 10 x 100 yd. IM @ 1:40
 - 12 x 100 yd. Free @ 1:30
 - Ability to use the pace clock without assistance
- Other
 - Consistent meet and practice attendance
 - Parent meets volunteer responsibilities (including timing at meets)

● **Black Group** - 10 years and younger

The mission of the Black Group is to build off of the excitement of the swimmers in the Red Group and begin to get them excited about racing. Technique will continue to be the focus in workouts, but they will also continue to learn how to use the clock during sets and understand how to train at different speeds during workouts. Swimmers will move from the Black Group to the Silver Group (ages 10 and under) or the Gold 1 Group if they are turning 11.

Expectations –

- Attendance – 40% for practice and 50% meet attendance
- Compete in 200 yd. Freestyle, 200 yd. IM and 100 yd. events for all four strokes
- Achieve “Red” and “Blue” time standards
- Parent meets volunteer responsibilities (including timing at meets)

Group Focus Points –

- Race preparation
- Participation in all home meets
- Begin developing responsibility for their own swimming (i.e. checking heat and lane assignments without parent assistance)
- Demonstrate good team sportsmanship

Required Equipment –

- Kick Board
- Pull Buoy
- Fins
- Tennis Ball
- Kids Meal Cup
- Jump Rope

Workout Schedule -

Mon - 4:45-6:00 pm
Tues - 4:45-6:00 pm
Wed - 4:45-6:00 pm
Thurs - 4:45-6:00 pm
Fri - 4:45-6:00 pm

Criteria for joining Silver Group –

- Performance
 - At least two 10 & under “Red” Times
- Training
 - Test Sets –
 - 4 x 100 yd. IM @ 2:00
 - 10 x 50 yd. Free @ :55
 - 10 x 50 yd. stroke @ 1:00
- Other
 - Commitment

● **Red Group** - 10 years and younger

The mission of the Red Group is to provide the opportunity for beginning swimmers to learn and develop each of the four competitive strokes. This group is offered to the beginning swimmers who have advanced beyond the Rose Buds and are 10 or younger. Continued stroke instruction is the key to their advancement, and emphasizing fun is a crucial part of the workout. This group is designed to foster the love of the sport and introduce the swimmers to USA Swimming competitions.

Expectations –

- Ability to demonstrate all four competitive strokes (legally)
- Attendance – 25% practice and meet attendance
- Compete in 50 yd. events for all four strokes and 100 yd. IM
- Achieve “B” and “Red” time standards
- Bring required equipment to every practice

Group Focus Points –

- Technique, stroke drills, kicking

Required Equipment –

- Kick Board
- Pull Buoy
- Fins
- Tennis Ball
- Kids Meal Cup
- Jump Rope

Workout Schedule -

Mon - 3:30-4:30 pm
Tues - 3:30-4:30 pm
Wed - 3:30-4:30 pm
Thurs - 3:30-4:30 pm
Fri - 3:30-4:30 pm

Criteria for joining Black Group –

- Performance –
 - At least one National “B” time standard for 10 and under
 - Meet participation
- Training
 - Test Sets –
 - 3 x 100yd IM @ 2:20
 - 10 x 50yd Free @ 1:00
 - 10 x 50yd Stroke @ 1:15
- Other
 - Commitment
 - Focus
 - Flip turns

● **Rose Buds Development Team**

The mission of the Rose Buds Development Team is to provide an introduction to the world of competitive swimming. The Rose Buds bridges the gap between our lessons program and our competitive swim team, allowing a swimmer to develop competitive swimming skills in a comfortable and fun environment. Rose Buds will experience “race days” to introduce them to racing and friendly competition.

Criteria for joining Red Group –

- Performance –
 - Complete at least 25 yards of each stroke (legally)