

Age--Group - Ages 7-14

This is a competitive training group designed to prepare swimmers for state and Zone levels of competition. The emphasis of the Age--group is on mastering the following skills necessary to be successful competitive swimmers – training etiquette, advanced stroke mechanics, training and race strategies, goal setting, proper nutrition, mental preparation, and the ability to handle increasing training workloads. Swimmers will participate in a dryland program to help develop core body strength, basic strength in the shoulders and legs, and overall body control and coordination.

Evaluation Guidelines

Only swimmers ages 7-14 will be evaluated for the Age-group.

Requirements to Enter Age-Group

To be considered for placement into the Age-group swimmers must first be able to complete the *Goals of the Developmental Group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 8 x 50 Free on .30 rest interval with a flip turn (SCY)
- 4 x 100 IM on 45 rest interval (SCY)
- 8 x 50 Choice Kick on .30 rest interval (SCY)
- Swimmers must have achieved a legal time in USA Swimming competition in the following events – 50/100 Butterfly, 50/100 Backstroke, 50/100 Breaststroke, 100/200 Freestyle, 100/200 Individual Medley. —will have this season 2009-2010 to accomplish all these times

Practice Attendance

Swimmers in the Age-group are encouraged to attend 4 out of 5/6 practices offered per week.

Meet Attendance

Swimmers are encouraged to participate in at least one meet per month during the short-course season. Swimmers are also expected to attend the highest-level championship meet they qualify for at the end of both the short and long-course seasons. Short/Long-course championship meets for the Age--group are the Indiana Age Group Championships, Age Group Zones

Equipment

Fins—mesh bag—pull buoy—water bottle—small hand paddles

Goals of the Age--Group

When swimmers are ready to move out of the Age--group they will have two possible tracks to follow. The first is the Competitive Track Senior 1 group. The second is the High-Performance Track, which will lead swimmers to the Senior 2 group.

Competitive Track

The first track from the Age--group is the Competitive Track, which will lead athletes to the Senior 1 group. In order to move into the Senior 1 group, swimmers must be able to complete all of the following:

- Demonstrate consistent practice attendance habits
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate an ability and willingness to train and compete in all strokes and distances
- Demonstrate a proven ability to maintain a positive attitude and focus during workout and has an understanding of how their actions affect their teammates
- Demonstrate respect for all members of the coaching staff
- Demonstrate a basic understanding of goal setting skills
- Swimmers must have achieved a legal time in High School or USA Swimming competition in the following events – 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, and 500 Freestyle—will have this season 2009-2010 to accomplish all these times—at least 1 200stroke

Senior 2 Group

- Demonstrate consistency in going at least 12.5 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate an ability and willingness to train and compete in all strokes and distances at the highest level possible
- Demonstrate a proven ability to maintain a positive attitude and focus during workout and has an understanding of how their actions affect their teammates
- Demonstrate respect for all members of the coaching staff
- Demonstrate a commitment to attending all meets recommended by the group coach
- Demonstrate a basic understanding of goal setting skills
- Swimmers must have achieved a legal time in High School or USA Swimming competition in the following events – 100/200 Butterfly, 100/200 Backstroke, 100/200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle and either the 1000 or 1650 Freestyle—will have this season 2009-2010 to accomplish all these times