

Developmental Group Ages 6-12

This is a competitive training group aimed at developing advanced technical skills and a strong aerobic foundation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport. The training emphasis of this group is centered on continuing to develop strong technical skills in all four strokes, starts, turns and underwater work, as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season. Swimmers will also participate in some basic dryland (games) conditioning emphasizing basic core body strength.

Evaluation Guidelines

Only swimmers ages 6-12 will be evaluated for the Developmental group. Swimmers who will turn 6 within 3 months of the evaluation date may be evaluated at the discretion of the coaching staff.

Requirements to Enter Developmental Group

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

- 4 x 25 Free (SCY) on .30rest
- 4 x 50 Choice Kick (SCY) on .45rest
- 6 x 25 (SCY) – 2 Butterfly, 2 Backstroke, 2 Breaststroke on .30rest

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend 3 out of the 4/5 practices offered per week.

Meet Attendance

Swimmers are asked to participate in at least one meet per month during the short-course season, as well as the highest level championship meet they are qualified for at the end of each season.

Equipment

Fins—Water Bottle—mesh bag—kick board—pull buoy

Goals of the Developmental Group

By the time swimmers move out of the White group they should be able to complete the following:

- Demonstrate a learning of the track start and backstroke start
- Demonstrate consistency in going at least 7 ½ 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
- Achieve a legal time in the following events in USA Swimming sanctioned competition – 50/100 Freestyle, 50/100 Backstroke, 50/100 Breaststroke, 50 Butterfly, 100 Individual Medley —will have this season 2009-2010 to accomplish all these times
- Demonstrate a learning of basic core body dryland exercises
- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate consistent practice attendance (3 out of 4/5 practices per week)