

Group Curriculum

	What we look for:	What we work on:	Ready to move up when:
Introduction to Swim Team Programs			
Tuna	<ul style="list-style-type: none"> - Can put face in the water - Can be guided while in the water by coach on deck - Can listen to and follow directions - If tired, can get themselves to the side of the pool or lane line - Is enthusiastic about water (though may be shy or reluctant at the beginning) <p>Can Swim at least: Free: 1 length OR Back: 1 length</p>	<ul style="list-style-type: none"> - Rhythmic & rotary breathing - Intro to all four competitive strokes - Diving (sitting, kneeling, standing – side & starting block) - Put on cap & goggles - Proper use of kickboard - Not talking and keeping head up when coach is talking 	<p>Next Group: Race Ready 10 & Under</p> <p><u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> - Swim 50 yds of freestyle & backstroke - 25yds of breaststroke & butterfly kick, correctly/legally - Kick 100 yds freestyle with a kick board - Kick 50 yds backstroke streamline <p><u>Meet Participation:</u> N/A</p>

	What we look for:	What we work on:	Ready to move up when:
Race Ready – 10 & U	<ul style="list-style-type: none"> - Basic knowledge of rotary breathing - Can swim backstroke and freestyle or variation of - May or may not be familiar with butterfly and/or breaststroke <p>Can Swim: Free 50 yards Backstroke: 50 yards Breaststroke: 25 yards* Butterfly: 25 yards* (mostly legal)</p> <p>Kick: 100 yards with kick board continuously Kick: 50 yards backstroke streamline</p>	<ul style="list-style-type: none"> - Rotary breathing, rhythmic breathing, pattern breathing - Familiarizing with all four competitive strokes - Diving/starts - “drop-in” streamline push-offs - touches, turns – flip & open <p>Freestyle: Keeping correct head position, small and fast flutter kicking, long straight pulls Backstroke: straight arm recovery, correct head position, small and fast flutter kicking Breaststroke: correct movements and timing Butterfly: correct movements and timing</p> <ul style="list-style-type: none"> - Knowledge of drills/variations of all four strokes -intro to usage of pace clock -Put on cap & goggles -Lane Etiquette ex: waiting turn/leaving enough distance between swimmers/circle swimming -Not talking and keeping head up when coach is talking 	<p>Next Group: White</p> <p><u>Skills/Proficiencies:</u> -streamline & underwater (drop-in) push-offs -swim a 100 free -kick 100 yds backstroke streamline -proficient breaststroke & butterfly kick</p> <p><u>Meet Participation:</u> Compete in 2 Local Meets</p> <p>Attempt: 50 Free 25/50 Back 25/50 Breast 25/50 Fly</p>

	What we look for:	What we work on:	Ready to move up when:
Race Ready-11-14	<ul style="list-style-type: none"> - basic knowledge of rotary breathing - can swim backstroke and freestyle or variation of - may or may not be familiar with butterfly and/or breaststroke <p>Can Swim: Fr: 50 yards Ba: 50 yards Br: 25 yards* Fly: 25 yards* (mostly legal)</p> <p>Kick: 100 yards with kick board</p>	<ul style="list-style-type: none"> - rotary breathing, rhythmic breathing, pattern breathing - familiarizing with all four competitive strokes - diving - “drop-in” streamline push-offs - touches, turns – flip & open <p>Freestyle: Keeping correct head position, fast flutter kicking, coordinating kick and pull to “lengthen” stroke</p> <p>Backstroke: straight arm recovery and pinky entry, correct head position, fast flutter kicking</p> <p>Breaststroke: correct movements, timing & rhythm</p> <p>Butterfly: correct movements, timing & rhythm</p> <ul style="list-style-type: none"> - Knowledge of drills/variations of all four strokes -intro to usage of pace clock -Put on cap & goggles -Lane Etiquette ex: waiting turn/leaving enough distance between swimmers -Attentive listening and keeping head above water when coach is speaking 	<p>Next Group: F&T-MS or Blue on - - - -</p> <ul style="list-style-type: none"> -recommendation of primary coach <p><u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> -streamlines on drop ins & turns -flip-turns (freestyle & backstroke) -open turns (butterfly, breaststroke, & IM) -underwater streamline dolphin kicking in streamline -proficient/legal in all four competitive strokes & IM -bi-lateral breathing (freestyle) -proficient use of kickboard <p><u>Meet Participation (to transition to Blue)</u></p> <p>2 Local Meets Legally complete 100 Free 50 Back 50 Breast 50 Fly</p>

Fitness & Technique Program

	What we look for:	What we work on:	Ready to move up when:
F&T-MS	<ul style="list-style-type: none"> - level 5+ in swim lessons - Comfortable doing 20-40 lengths of a pool in an hour (with stops, guided or self-guided) - Can put face in the water - Can rotary breathe and rhythmically breathe - basic knowledge of all four competitive strokes - streamline kick on back (using flutter kick) 	<ul style="list-style-type: none"> - refining rotary and bilateral breathing - learning and refining all four competitive strokes...as well as touches & turns (flip & open) - learning how to perform the individual medley - streamlines & starts - racing - focus on preparation for middle school season 	<p>Next Group: F&T-HS or Black</p> <p>To F&T-HS : be of high school age</p> <p>To Black: On recommendation of primary coach</p> <p><u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> -perform all strokes proficiently/legally -bi-lateral breathing -proficient use of kickboard & pull-buoy <p><u>Meet Participation (to transition to Black)</u></p> <ul style="list-style-type: none"> -compete in 3+ local or regional meets -50s or 100s of each stroke legally in a swim meet, 200 of freestyle -perform 100 and/or 200 IM legally in a swim meet

<p>F&T-HS</p>	<ul style="list-style-type: none"> - Comfortable doing 60 lengths of a pool in an hour (with stops, guided or self-guided) - Can put face in the water.. - Can rotary breathe and rhythmically breathe - basic knowledge of all four competitive strokes 	<ul style="list-style-type: none"> - learning and refining all four competitive strokes...as well as touches & turns - learning how to perform the individual medley - streamlines & starts - racing - focus on preparation for high school season 	<p>Next Group: N/A</p> <p>To transition to Senior Group:</p> <ul style="list-style-type: none"> -On recommendation of primary coach -Requires swimmer commitment to performance and participation level, local & regional -high level of regular attendance throughout season -internally motivated for improvement and success <p><u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> -proficient and “legal” in all four strokes, and IM -ability to complete 4,000 yards or more in a practice on a regular basis <p><u>Meet Participation (to transition to Senior)</u></p> <ul style="list-style-type: none"> -regular participation at local and regional swim meets -legally perform 100s of each stroke, 200 IM and 200 freestyle
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	What we look for:	What we work on:	Ready to move up when:
Competitive Program			
White	<ul style="list-style-type: none"> - basic knowledge of all four competitive strokes - strength and stamina to swim up to 8 lengths continuously - can perform rhythmic and rotary breathing <p>Can Swim: Fr: 100 yards Ba: 50 yards Br: 25 yards kick, “legally” Fly: 25 yards kick, “legally” Kick: 100 yards with kickboard Kick: 50 yards streamline on back</p>	<ul style="list-style-type: none"> - introduction to higher level, structured practices using “sets” and “repeats” - building strength, stamina, and speed of kicking - Knowledge of drills/variations of all four strokes -intro to usage of pace clock -Waiting turn/leaving enough distance between swimmers -Not talking and keeping head up when coach is talking -Learning lane sharing etiquette 	<p>Next Group: Aqua <u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> -is proficient & “legal” in all four strokes and IM -bi-lateral breathing -streamlines on push-offs, turns -dolphin kicks in streamline while streamlined, on push-offs, and after turns -proficient in use of kick board <p><u>Meet Participation:</u> Compete regularly local meets Compete in end of season championships</p> <p>Legally complete 100Free 25/50 Back 25/50 Breast 25/50 Fly 100IM</p>

	What we look for:	What we work on:	Ready to move up when:
Aqua	<ul style="list-style-type: none"> - strength, stamina and “stroke form” to be able to swim up to 20-30 lengths in an hour in a structured and guided practice (not continuously) - basic knowledge and ability to perform all four competitive strokes - rotary, rhythmic, and pattern breathing - streamlines <p>Can Swim: 200 Yards Free</p>	<ul style="list-style-type: none"> - building stamina and endurance through swimming and kicking - performing all for of the competitive strokes and individual medley legally. This includes: <ul style="list-style-type: none"> *performing the correct wall touches/finishes *performing the correct turns *performing the correct kick, arm and body motion for each stroke - learning how to do/manage structured and organized “sets” in practice - awareness of pace clock, how to use it, and it’s importance - streamlines - racing 	<p>Next Group: Blue</p> <p><u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> - knowledge of pace clock & time intervals - streamlines regularly without reminders - flip turns & open turns - can perform a dive from a starting block - proficient in all four strokes and IM - bi-lateral breathing -proficient use of kick board & pull buoy -high level of attendance during the short course season, minimum <p><u>Meet Participation:</u></p> <ul style="list-style-type: none"> -Competes regularly in local meets and at least 1 travel meet -Compete in end of season championships -Legally complete 200 Free 25/50 Back 25/50 Breast 25/50 Fly 200 IM

	What we look for:	What we work on:	Ready to move up when:
Blue	<ul style="list-style-type: none"> - strength and stamina to swim 60-80 lengths in an hour in a highly structured and organized practice - awareness, knowledge, and utilization of pace clock and time intervals - streamlines regularly without reminders - flip & open turns - can perform a dive from a starting block 	<ul style="list-style-type: none"> - knowledge of best times from swim meets - mastering turns & streamlines - mastering pace clock utilization for practice evaluation - proficiency in each of the four competitive strokes and IM - improving aerobic foundation and stroke form simultaneously - learning how to “speed up” or race strokes while maintaining 	<p>Next Group: Black</p> <p><u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> -knowledge of pace clock & time intervals - streamlines & dolphin kicks regularly without reminders - proficient in all four strokes and IM - bi-lateral breathing -proficient use of kick board & pull buoy -high level of attendance during the short course season, minimum -ability to count strokes and be aware of stroke count while completing “sets” -knowledge of personal “best times” and personal goal times <p><u>Meet Participation:</u></p> <p>Regularly competes in local and travel meets</p> <p>Compete in end of season championships</p> <p>Participates in the highest level of qualification achievement.</p> <p>Swim & compete in short course and long course season</p> <p>Legally complete</p> <p>200 or 500 Free</p> <p>50/100 Back</p> <p>50/100 Breast</p> <p>50/100 Fly</p> <p>200IM</p> <p>*Working towards B times or NE Swimming Silver Champ event</p>

<p>Black</p>	<ul style="list-style-type: none"> - strength and stamina to swim 100 lengths or more in a highly structured and organized practice - awareness, knowledge, and utilization of pace clock - have performed a 200 IM, 100 of each stroke, and 200 or 500 free in competition 	<ul style="list-style-type: none"> - proficient kicking - refining strokes - knowledge of personal stroke count 	<p>Next Group: Senior</p> <ul style="list-style-type: none"> - HS age - Recommendation of primary coach - consistent year round attendance at practice and meets in both short and long course season - internally motivated towards achieving goals and working towards the “next level” of personal ability <p><u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> -knowledge of personal best times -can adequately train all four competitive stroke and IM -can manage pace clock and time intervals -proficient use of kickboard, pull buoy, paddles, and snorkel in practices -ability to count strokes and awareness of stroke count while completing sets - <p><u>Meet Participation:</u></p> <p>Regularly competes in local and travel meets</p> <p>Compete in end of season championships</p> <p>Participates in the highest level of qualification achievement.</p> <p>Swim & compete in short course and long course season</p> <p>Legally complete</p> <p>500 Free or more</p> <p>100/200 Back</p> <p>100/200 Breast</p> <p>100/200 Fly</p> <p>200/400IM</p>
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	What we look for:	What we work on:	Ready to move up when:
			*Working towards B times or NE Swimming Silver Champ event
Senior	<ul style="list-style-type: none"> -commitment to both short & long course season and end of season meets -regular, high level of attendance with minimal absences (less than 1 a week, average) -high cumulative practice attendance in previous group -ability to focus on biomechanics at high level of exertion -knowledge and memorization of best times and stroke counts -is highly motivated to work towards a level above current achievements -expected to compete at highest level of meet achievement recommended by coach 	<ul style="list-style-type: none"> -preparation from the beginning of each season towards a mid-season and season culminating meet -training for high performance in 3 best events, plus at least 3 peripheral events -preparation for collegiate swimming -maximizing performance through honing of technique and efficiency while working at high levels of exertion 	<p><u>Skills/Proficiencies:</u></p> <ul style="list-style-type: none"> -knowledge of personal best times -can adequately train all four competitive stroke and IM -can manage pace clock and time intervals -proficient use of kickboard, pull buoy, paddles, and snorkel in practices -ability to count strokes and awareness of stroke count while completing sets -begins use of tempo trainer simultaneous with stroke count while at low and high level of exertion <p>Meet Expectations:</p> <ul style="list-style-type: none"> -Competes in all meets recommended by coach. -Compete in end of season championships -Participates in the highest level of qualification achievement. -Swim & compete in short course and long course season

