

Bronze (ages 6-10)

Practice duration: 3 days per week, 1 hour

- **Description:** This is our pre-competitive program that focuses on introducing proper competitive swimming technique. In our Bronze program the swimmer will continue to develop comfort in the water and learn the essentials of the 4 competitive swimming strokes (freestyle, backstroke, breaststroke, and butterfly), including dives/starts and legal turns. More importantly swimmers need to learn that swimming is FUN!!!!
- **Objective:** The objective of the Bronze group is to continue to familiarize swimmers with the water while offering an environment that is somewhat similar to group swimming lessons. Swimmers in this group have never been a part of a swim team before and need a smaller setting to continue to foster good stroke development and technique. The small group setting will also allow swimmers to HAVE FUN!!!!
- **Prerequisite Skills:**
 - Swimmers entering the Bronze program need to be evaluated by a member of the coaching staff before entering the program.
 - Swimmers need to be able to do a MINIMUM of the following:
 - 25 yards of freestyle (front crawl)
 - 25 yards of backstroke (back crawl).
 - Demonstrate breaststroke or butterfly kicking
 - Demonstrate basic water comfort
- **Equipment Needs:**
 - Goggles, suit

Silver (ages 7-12)

Practice duration: 4 days per week, 1 hour

- **Description:** With the knowledge of the basic fundamentals of swimming, the Silver Group will continue to focus on stroke technique, starts, and turn improvement.
 - In addition, Silver swimmers will be exposed to various types of interval training, and basic race strategies.
 - More importantly we will continue to foster the idea that SWIMMING IS FUN!!!!
- **Objective:** The objective of the Silver Group is to:
 - Teach the basic technical aspects of swimming so that the swimmer is prepared to perform in a race.
 - Focus on improvement of technique on strokes, starts, and turns.
 - Learn different training techniques in swimming.

- Allow swimmers to HAVE FUN in a variety of ways!!!!
- **Prerequisite Skills:**
 - Completion of the 1 session of Discovery/Bronze program.
 - Coach Recommendation
 - Can demonstrate all 4 strokes (fly, back, breast, free).
 - Demonstrate 50 yards kick on back on streamline position.
 - Can do flip turns (back and free)
 - 100 free or back swim with flip turns
- **Equipment Needs:**
 - Goggles, suit, snorkel, pull buoy, fins, mesh bag, water bottle.

Gold (ages 9-13)

Practice offerings/duration: 5 practices per week, 1 hour 15 minutes

- **Description:** With the knowledge of the basic fundamentals of swimming, the Gold Group will continue to focus on stroke technique, starts, and turn improvement and a greater commitment to swimming.
 - In addition, Gold swimmers will be exposed to various types of interval training, and basic race strategies.
 - Individual and group goal-setting.
 - Swimmers are encouraged to compete at 3 meets per season.
 - Swimmers are encouraged to complete the IMX challenge (200/500 free, 100 fly, 100 back, 100 breast, 200IM) during the course of the season. This does not have to be done at 1 meet.
 - More importantly we will continue to foster the idea that SWIMMING IS FUN!!!!
- **Objective:** The objective of the Gold Group is to:
 - Teach the basic technical aspects of swimming so that the swimmer is prepared to perform in a race.
 - Focus on improvement of technique on strokes, starts, and turns.
 - Getting up and racing during practice when necessary.
 - Focus on the details while training with minimal reminders (i.e., turns on all the walls, tight streamlines, reading a pace clock).
 - Learn different training techniques in swimming.
 - Learn how to do basic dryland exercises.
 - Allow swimmers to HAVE FUN in a variety of ways!!!!
- **Prerequisite Skills:**
 - Completion of Silver Group unless there is previous experience in a similar program.
 - Coach Recommendation

- Competed in all 4 strokes at a swim meet.
- Competed in the 100 IM at a meet.
- Demonstrate 100 yards kick on back in a streamline position.
- Demonstrate reading the pace clock and follow a basic intervals
 - Example: 4x50 @ 1:15
- Can do flip turns (back and free)
- **Equipment Needs:**
 - Goggles, suit, snorkel, paddles, pull buoy, fins, mesh bag, water bottle.

Platinum (ages 11-15)

Practice offerings/duration: 5-6 practices per week, 2 hours

- **Description:** While continuing to fine-tune stroke technique, turns and starts, the primary focus of the Platinum group is to develop an understanding of the basic parameters of training.
 - These parameters include: expanding dryland exercises, understanding of a good race strategy for a number of different events, a willingness to get up and race any time anywhere for any reason.
 - Platinum swimmers are also encouraged to begin to attend Saturday practices when offered.
 - Individual and group goal-setting is a major component of this group.
 - A COMMITMENT to training regularly as well as attending meets becomes a bigger discussion with the Platinum group. However, swimmers in the Platinum group are still encouraged to participate in other sports and activities outside of swimming.
 - Even though this group requires more time and commitment SWIMMING IS STILL FUN!!!!
- **Objectives:** The objective of the Platinum Group program is to:
 - Continue to improve and understand the basic aspects of training & technique and how these concepts are beneficial to performance.
 - Teach good eating habits.
 - Teach swimmers how to manage their time properly in order to be committed to swimming, education, and other areas of interest.
 - Focus on improvement of technique on strokes, starts, and turns.
 - Improve upon basic training techniques to more advanced training techniques.
 - Allow swimmers to HAVE FUN in a variety of ways!!!!
- **Prerequisite Skills:**
 - Completion of the Gold/Gold A program or similar program from another team.
 - A recommendation from the Head Coach

- Minimum ability to complete:
 - 10x100 free @ 1:30 (short course)
 - Legally swim a 100 of all four swimming strokes (fly, back, breast, free) in a meet.
 - Legally swim a 200 IM at a swim meet.
- **Group Requirements:**
 - Attend a minimum of 4 practices per week.
 - Compete in a minimum of 3 meets per season plus a season-ending championship meet including Division 2's, Division 1's, Zones, or Speedo Sectionals, or Junior Nationals.
- **Equipment Needs:**
 - Goggles, suit, drag suit, snorkel, paddles, pull buoy, fins, mesh bag, water bottle.

Varsity (9th -12th grade)

Practice offerings/duration: 4 practices per week, 1 hour 15 minutes

- **Description:** This group exists for those students attending one of the local high schools that has a genuine interest in swimming; however is not sure about competing. Swimmers in this group will be developing skills and learning that swimming is a FUN sport to participate in. Swimmers in this group will focus on getting fit and staying fit for the high school season.
- **Objectives:** The objective of Varsity group is to focus on stroke technique with the emphasis on developing basic fitness.
 - The High School Swimmer will make use of equipment such as fins, kick boards, and buoys to improve their knowledge of the sport.
 - Eligibility to compete in USA swimming meets needs to be discussed with the Head Coach.
- **Prerequisite Skills**
 - Previous swimming experience.
 - Coach Recommendation
 - Competed in all 4 strokes at a swim meet.
 - Competed in the 100 IM at a meet.
 - Demonstrate 100 yards kick on back in a streamline position.
 - Demonstrate reading the pace clock and follow a basic intervals
 - Example: 4x50 @ 1:15
 - Can do flip turns (back and free)
- **Equipment Needs:**
 - Goggles, suit, drag suit, snorkel, paddles, pull buoy, fins, mesh bag, water bottle.

Senior (ages 13-18)

Practice duration: 6-10 practices per week (1.5-2.5 hours), includes AM, PM, and Saturday practices.

- **Description:** The Senior group is reserved for the most committed swimmers in the Lawrence Aquahawks program. Swimmers in this training group practice daily and its members **REGULARLY COMPETE** at the highest level meets. This includes: Division 1's, Zones, Speedo Sectionals, the Toyota Grand Prix Series, and Junior/Senior Nationals. Swimming doubles (AM and PM practice) is **HIGHLY ENCOURAGED** with this group.

- **Objectives:** The main objective of Senior group is to increase the level and intensity of training from the Platinum group.
 - Swimmers in the Senior group will be using training methods that involve a variety of anaerobic, aerobic threshold training, stroke specialization, along with increased dry-land training, resistance training, and technique work.
 - Continue to improve and understand the basic aspects of training & technique and how these concepts are beneficial to performance.
 - Continue to develop good eating habits.
 - Continue to teach swimmers how to manage their time properly in order to be committed to swimming, education, and other areas of interest.
 - Focus on improvement of technique on strokes, starts, and turns.
 - Allow swimmers to HAVE FUN in a variety of ways!!!!

- **Prerequisite Skills:**
 - A recommendation from the Head Coach.
 - Previous swimming experience in the Platinum group or a similar program with another competitive swimming team.
 - Minimum ability to complete:
 - 5x100 free @ 1:20 (short course yards)
 - Legally swim a 100 of all four swimming strokes (fly, back, breast, free) in a meet.
 - Legally swim a 200 of all four swimming strokes (fly, back, breast, free) in a meet.
 - Legally swim the 400 IM and the 800/1000, or the mile (1500/1650) in a meet.

- **Group Requirements:**

- Attend a minimum of 7 practices per week including at least one double.
- Senior swimmers will be working on their skills in both physical and mental development. They will be expected to challenge themselves both independently and to work with team goals in mind.
- Compete in a minimum of 5 meets per season plus a season-ending championship meet including one or more of the following: Division 1's, Zones, SCS (Speedo Sectional Champions Series), Toyota Grand Prix Series, and Junior/Senior Nationals, US Open, or Olympic Trials.
- **Equipment Needs:**
 - Goggles, suit, drag suit, snorkel, paddles, pull buoy, fins, mesh bag, water bottle.

Exceptions to the Rule:

The coaching staff for the Lawrence Aquahawks has and will always have a large amount of flexibility when it comes to working with swimmers that are committed and willing to work with the coaching staff to come up with creative solutions to accommodate scheduling conflicts. It is ultimately up to the swimmers and parents of swimmers to communicate with the coaching staff to address possible scheduling conflicts. **It is the decision of the Head Coach to rubber stamp the feasibility of making exceptions for swimmers/athletes and his/her needs without compromising the needs of the group and the overall goals of the Lawrence Aquahawks.**

- **Guidelines for the skills checklist and questions with movement:**
 - As swimmers move through the skills AT THEIR OWN INDIVIDUAL PACE, our coaching staff will make a recommendation to the Head Coach as to when the swimmer should move up into the next highest level group.
 - Any disagreement between a swimmer/parent and the coaching staff as to a swimmer's completion of these checklist guidelines should be resolved through a discussion between the parent of the swimmer, the swimmer, and the Head Coach.
 - If there is still further disagreement the parent/swimmer may request a discussion with the Head Coach and a member of the BOD.