

## **TRAINING GROUPS AND DESCRIPTIONS:**

There are seven training/roster groups offered at Lake Shore Swim Club:

**National Team**  
**Senior**  
**Junior Elite**  
**Junior**  
**Developmental Elite**  
**Developmental**  
**Pre-Competitive**

Our training regime consists of:

- Stroke technique development and refinement
- Endurance and speed training
- Start and turn drills
  - Dry land exercises are also included as an important part of the swimmer's training.

### **PRE-COMPETITIVE**

This group is being offered for beginning swimmers (6 and over please) who would like to continue learning about swimming in a "structured practice environment". We ask that participants be able to complete one-length (25-yards) of the pool in at least one of the competitive swimming strokes. (Freestyle, Backstroke, Breaststroke, Butterfly)

The Pre-Comp swimmer is looking for:

- A FUN teaching atmosphere and opportunity to be part of a team!!
- A way to build endurance and work on overall fitness
- An introduction to good swimming stroke technique
- Confidence in the water and on the pool deck
- Basic swimming skill and knowledge of the four competitive swimming strokes as a preparation for competitive swimming

### **REQUIREMENTS TO JOIN PRE-COMPETITIVE:**

- One (1) length of the pool in at least one of the competitive swim strokes: Free, Back, Brst, Fly
- Be able to complete a 30-minute water workout

### **DEVELOPMENTAL**

This group primarily consists of our elementary school age swimmers. (approximately 7-10 yrs old) Participants must be able to complete 25 yards of freestyle and backstroke legally and handle a 45-minutes to 1-hour water work out.

The goal of this group is to:

- To have FUN while LEARNING about the sport of swimming
- Improve upon basic competitive swimming skills
- Learn and refine stroke technique for all four competitive swimming strokes
- Learn about proper "Lane Etiquette"
- Teach positive team building
- Build endurance and overall fitness

We ask that participants in this group attend 2 practices per week. Each practice will be approximately 1 hour - 1 hour and fifteen minutes, and will include basic dryland training. We encourage swimmers in this group to also participate in other physical activities to improve their overall motor development.

### **REQUIREMENTS TO JOIN DEVELOPMENTAL:**

- One length or 25-yards freestyle
- One length or 25-yards backstroke

- Knowledge of butterfly and breaststroke
- Able to complete a 45-minute
- Elementary School (ages 7-10)

### **DEVELOPMENTAL ELITE**

This is an elevated training group to help prepare our stronger developmental swimmers for the transition into our Junior training group. Ages are primarily 9-11 years old, however swimmers will be moved into this group at the Coaching Staff's discretion based on ability, not age. Participants must be able to complete 25 yards of all four strokes legally, and complete repeat lengths in an organized practice.

The goal of this group is to:

- To have FUN while LEARNING about the sport of swimming
- Improve upon basic competitive swimming skills
- Learn and refine stroke technique for all four competitive swimming strokes
- Learn about proper "Lane Etiquette"
- Teach positive team building
- Build endurance and overall fitness

We ask that participants in this group attend 3 practices per week. Each practice will be approximately 1 hour - 1 hour and fifteen minutes, and will include basic dryland training. We encourage swimmers in this group to also participate in other physical activities to improve their overall motor development.

#### **REQUIREMENTS TO JOIN DEVELOPMENTAL ELITE:**

- Comfortable swimming repeat lengths of all four strokes
- Ability to follow a "work-out" and use the pace clock
- Able to complete a 1-hour water workout
- Elementary School (ages 9-11)
- Participation in this group includes the invitation to compete in travel and higher level competition.

### **JUNIOR**

This group consists of our middle school age swimmers. (10-14 yrs old) Participants in this group will be expected to have knowledge of all four competitive swimming strokes, although may still need stroke refinement. They should be able to complete a 1 1/2 hour water-workout.

The goal of this group is to:

- Learn how to practice properly combining the appropriate speed with great stroke technique
- Emphasize good stroke technique and refinement of all four competitive strokes using stroke drills
- Focus on proper race strategy, starts and turns
- Learn to use the pace clock as a practice tool
- Build endurance and overall fitness

We ask that participants in this group attend 4-6 practices per week. Each practice will be approximately 1 1/2 - 2 hours, and will include basic dryland training.

#### **REQUIREMENTS TO JOIN JUNIOR:**

- Must be in Middle School (5<sup>th</sup>-8<sup>th</sup> grade or approximately 10-14 yrs old)
- Must be at least 10 yrs old
- If you are turning 10 before the end of 2009, you must have a AA cut in multiple events (3) to be invited to join this practice group
- Must be able to complete a 1 1/2 hour water workout, plus dryland

## **JUNIOR ELITE**

This is an elevated training group designed to help prepare our stronger Junior swimmers for the transition into our Senior training group. (Primarily but not limited to 11-14 yrs old) Participants in this group will have additional travel meets available to them. Participants in this group are expected to comfortably train and compete in all four strokes. They should be able to complete a 1 ½-2 hour water-workout.

The goal of this group is to:

- Learn how to practice properly combining the appropriate speed with great stroke technique
- Emphasize good stroke technique and refinement of all four competitive strokes using stroke drills
- Focus on proper race strategy, starts and turns
- Build endurance and overall fitness

We ask that participants in this group attend 4-5 practices per week. Each practice will be approximately 1 1/2 - 2 hours, and will include basic dryland training.

### **REQUIREMENTS TO JOIN JUNIOR ELITE:**

- Must be in Middle School (5<sup>th</sup>-8<sup>th</sup> grade)
- Must be at least 11 yrs old
- If you are turning 11 before the end of 2010, you must have a AA cut in multiple events (3) to be invited to join this practice group
- Must be able to complete a 2 hour water workout, plus dryland
- Participation in this group includes the invitation to compete in travel and higher level competition

## **SENIOR**

This group consists of our high school age swimmers. (14 yrs old and older) Our Senior swimmers show a strong commitment to the sport and a desire toward individual and group accomplishment.

The goal of this group is to:

- Achieve personal best times at high school and club championships through hard work and dedication
- Maintain high academic standards
- Maintain a healthy lifestyle outside of the pool including healthy eating, sleeping and social habits.
- Show a strong commitment to swimming by holding high practice standards through good attendance and strong work ethic

The training schedule for this group accommodates the goal of the individual. Some swimmers will be asked to practice more than others based on their own personal level of development and skill. Those in this group should practice anywhere from 6-8 times per week for 2- 2 1/2 hours at each practice which includes MANDATORY dry land activities.

- *Please note: Any High School swimmer who wishes to participate in the Senior Training Group during the high school season must indicate their desire at the time of registration. A determination of space availability will be made by the Head Coach and Board within a month of the start of short course season.*

### **REQUIREMENTS TO JOIN SENIOR:**

- Must be able to complete a 2-hour water workout
- Suggested grade range is 9<sup>th</sup>-college
- 7<sup>th</sup>/8<sup>th</sup> grade aged swimmer may join if they have a AAA cut in 1 or more events
  - 7<sup>th</sup>/8<sup>th</sup> graders will not be encouraged to participate in doubles
- Any swimmer who is not in high school will need permission from the head coach to move into this training group

## **NATIONAL TEAM TRAINING**

This group consists of any swimmer with an individual (or relay) Sectional Time Cut or faster. This training group will be offered the same training and dryland schedule as the Senior training group, **however will be expected to attend 9 practices per week**, and will primarily complete their own practice sets.

**REQUIREMENTS TO JOIN NATIONAL TEAM:**

- Must be able to complete a 2-3 hour water workout plus doubles and dryland
- Must have a Sectional time standard in an individual event, or be a member of a Sectional qualifying relay
- No grade requirement