

JR. Sharks

Jr. Sharks is a new program geared to those children working towards joining the swim team. There is no previous swim team experience required. Jr. Shark's swimmers do not have to be able to swim the length of the pool, but they must be able to swim independently.

Jr. Shark's swimmers will learn the basics of the 4 competitive strokes while building their endurance, developing positive self-esteem, making new friends and having fun.

The recommended age for the Jr. Sharks is 4-6 and dependant upon ability.

BRONZE GROUP

The Bronze Group is dedicated to helping swimmers achieve legal strokes, starts, and turns in all four strokes. This group does minimal yardage as the concentration of every practice is spent on breaking down the strokes and helping swimmers to understand the fundamentals of each stroke. To begin swimming with the Bronze Group, a swimmer must be able to swim a complete 25 yards of freestyle without stopping and must have a basic (although not necessarily legal) understanding of all four strokes. These swimmers are invited and encouraged to participate in swim meets, but are not required to do so. It is suggested that Bronze swimmers attend practice as frequently as possible, but there is no attendance requirement.

SILVER GROUP

The Silver Group continues to work on stroke technique through drills and specific stroke highlights. The swimmers learn how to swim on intervals by using the pace clock and also begin to introduce more yardage and more consistent swimming. Silver swimmers are legal in all four strokes, starts, and turns and begin to have a competitive desire in swimming. This group is a gentle cross over from Bronze into Gold. Swimmers in the Silver Group should attend practice 2 to 5 times a week.

GOLD GROUP

The Gold Group consists of swimmers who are legal in all four strokes, starts, and turns and who have an interest in competitive swimming. These swimmers complete practices with increased yardage while still maintaining a focus on stroke technique. Gold swimmers are able to read the pace clock and complete work outs on specified intervals. These swimmers have an interest in attending meets and improving their times according to the USA Swimming Time standards. Gold swimmers should attend practice 3 to 5 times a week.

SENIOR GROUP *Only at Zaban Park*

The Senior Group is by invitation only. These swimmers lead the team in practice structure, meet times, and social graces. Specifically, the Senior swimmers complete practices that consist of substantial yardage, specific stroke technique work, and spend significant time working with the coaches on race strategies, race mentality and better understanding the sport of swimming and their own bodies in the water. These swimmers are working their way up the USA Swimming time standards and have goals for qualifying for the state meet. The Senior swimmers exemplify sportsmanship by supporting their teammates, consistently maintaining a positive attitude, and following instruction from coaches and working diligently through practice. This group should attend practice 4 or 5 times a week.