

Swim Team Descriptions

Jr. Sharks- This program is geared towards those children working towards joining the Swim Team. Swimmers must have previous swimming experience. Jr. Sharks have to be able to swim the length of the pool independently and confidently on their front and back. Jr. Sharks will learn the basics of the four competitive strokes while building their endurance, developing positive self-esteem, making new friends, and having fun. We have a Monday and Wednesday option as well as a Tuesday and Thursday option for this group. Swimmers in this group are strongly encouraged to participate in our time trial meets but this is not required.

Bronze 01- The Bronze 01 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 01 group, a swimmer must be able to swim a complete 50 yards of freestyle and backstroke without stopping and must have a basic (although not necessarily legal) understanding of Breaststroke and butterfly. These swimmers are invited and encouraged to participate in our time trial meets, but are not required to do so. It is suggested that Bronze 01 swimmers attend practice as frequently as possible, but there is no attendance requirement.

Bronze 02- The Bronze 02 group is geared towards increasing each swimmers technical abilities and their endurance and speed. More drill work for their strokes are included in this group to build on their fluent understanding of all four strokes. Swimmers in this group must be able to swim multiple laps of each stroke without stopping and have the knowledge to execute fluent strokes. Tweaking on technique is a part of this group as well as learning endurance and speeds of certain sets.

Silver Recreational- The Silver Recreational group focuses on further increasing each swimmers endurance along with the technique of each of their strokes to prepare them for competitive swimming. Swimmers in this group need to have a full fundamental understanding and execution of all four strokes, starts and turns. While in this group swimmers will work on making all four strokes legal and strengthen their technique. These swimmers are invited and encouraged to participate in our time trial meets, but are not required to do so. It is strongly encouraged that swimmers practice as frequently as possible but there is no attendance requirement.

Silver Competitive- The Silver Competitive group continues to work on stroke technique through drills and specific stroke highlights. These swimmers should already know the basics of how to use 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. Swimmers in Silver Competitive should attend practice 3 to 5 times a week. These swimmers are also required to attend USA travel meets along with purchasing the correct equipment, athlete registration, and warm-up gear for this group.

Gold- The Gold group consists of swimmers who are legal in all four strokes, starts, and turns and who have a strong interest in competitive swimming. These swimmers complete practices with increased yardage and also maintain a focus on their strokes technique. Gold swimmers are required to be able to read the pace clock and complete work outs on specified intervals. These swimmers are also required to attend USA travel meets throughout the season along with working to improve their times according to the USA Swimming Time standards. Gold swimmers should attend practice 4 to 6 times a week and in addition are required to purchase the correct equipment, athlete registration and warm-up gear for this group.

Please note that unless a swimmers has previous swim team experience they need to be evaluated before being placed in a group, age and/or grade is NOT a factor to placement.