18 & Under Group Description for Fall 2009

Senior Program

Senior Elite-
Group Criteria

- Ages 14 and up
- Swimmers range from Sectional level to Olympic Trials
- Minimum of 3 Sectional cuts
- *Proven* attendance record of missing no more than 3 practices per month- 9 offered per week
- Comfort in making freestyle sets on 1:10 base, IM sets on 1:20 base, and kick sets on 1:35 base
- Attends 1 full meet a month/ Attends Highest level Championship Meet
- Has made FCST swimming the highest extracurricular activity

Senior II -
Group Criteria

- Ages 14 and up
- Swimmers range from LSC level to NCSA Junior Nationals
- Comfort in making freestyle sets on 1:15 base, IM sets on 1:25 base, and kick sets on 1:45 base
- Attends 1 full meet a month/ Attends Highest level Championship Meet
- Proven attendance record of 80% - 8 offered per week

Senior I -
Group Criteria

- Ages 14 and up
- Swimmers must have competitive swimming experience and should be looking to compete at the highest level possible
- Comfort in making freestyle sets on 1:30, IM sets on 1:45, and kick sets on 2:00
- This group is designed to supplement high school swimming and/or prepare swimmers looking to move to the Senior II group
- Swimmers should compete in one full meet per semester.
- Swimmers are strongly encouraged to attend a minimum of three practices per week during the high school season and four practices per week when the high school season is complete.

Age Group Program

Pre-Senior II-

- Top 13-14s ranging from LSC to Summer Juniors; 12-yr-olds approaching the Sectional level
- 6 practices required per week for 13 & ups/ 5 practices required per week for 11-12s – 8 offered per week; 12-yr-olds cannot attend more than 6; 13-yr-olds cannot attend more than 7
- Comfort in making freestyle sets on 1:15 base, IM sets on 1:25 base, and kick sets on 1:45 base
- Attends 1 full meet a month/ Attends Highest level Championship Meet/ All IMX events completed

Pre-Senior I-

- 13-15 year-old swimmers ranging from BB to state level swimmers
- 6 practices required per week/ 8 practices offered
- Comfort in making freestyle sets on 1:20 base, IM sets on 1:30 base, and kick sets on 1:50 base
- Attends 1 full meet a month/ Attends Highest level Championship Meet/ All IMX events completed

Age Group III-

- 11-13-yr-olds ranging from LSC to state level
- 5 practices required per week; 7 offered per week; 12 & unders cannot make more than 6
- Comfort in making freestyle sets on 1:20 base, IM sets on 1:30 base, and kick sets on 1:55 base
- Attends 1 full meet a month/ Attends Highest level Championship Meet/ All IMX events completed

Age Group II-

- 11-12 BB+ swimmers ranging from LSC to state level; special exceptions may be made for 10-yr-olds with a 10-yr-old IMX score of 3500 or higher who are also meeting the training and competitive criteria
- 4 practices required per week; 6 practices offered per week; 10-yr-olds cannot make more than 5
- Comfort in making freestyle sets on 1:25 base, IM sets on 1:40 base, and kick sets on 2:00 base
- Attends 1 full meet a month/ Attends Highest level Championship Meet/ IMX events completed

Age Group I-

- Age 11 & Under; swimmers range from BB to state level
- 3 practices per week required; 5 practices offered per week
- Comfort in making freestyle sets on 1:35 base, IM sets on 1:50 base, and kick sets on 2:10 base
- Attends 1 full meet a month/ IMX events completed

Junior II-

- Ages 11 and up
- 4 practices offered; 2 practices per week required
- Can swim legal 50s of all 4 strokes
- Comfort in making freestyle sets on a 1:40 base, IM sets on a 1:50 base, and kick sets on a 2:20 base
- Swimmers must attend a minimum of one full meet per semester

Junior I-

- Ages 11 and up
- 4 practices offered; 2 practices required
- Can swim legal 50s of all 4 stroke
- Swimmers must be comfortable being in a competitive swimming training group
- Swimmers must attend a minimum of one full meet per semester

Developmental Program

Blue Group- This group is primarily for swimmers 11-years of age and younger. The Blue Group emphasizes refinement of the four strokes, as well as the introduction of some aerobic conditioning. Blue Group training will emphasize refining technique and then transferring technique into conditioning and training sets. Swimmers will also expand their knowledge of competitive swimming at meets. Progress in this group will be measured by technique, strength of stoke and attendance. Swimmers in the Blue group are expected to participate in local meets.

Red Group- This group is for primarily 10-year-olds and younger who can complete 25 yards of freestyle and backstroke, and who demonstrate "legal" skills in breaststroke and butterfly. Training will emphasize skills and drills for all four strokes. We will introduce competitive skills such as starts/turns and begin to address practice skills. i.e. using the clock. Progress in this group will be measured on refining technique and not on speed in the water. Swimmers in the Red group are expected to participate in team intra-squad meets and are strongly encouraged to participate in local meets.

White Group- This group is primarily for swimmers 9-years of age and younger who can proficiently swim 25 yards Freestyle and Backstroke. Swimmers should also have some knowledge of the other 2 competitive strokes. The primary focus will be placed on teaching all strokes through the use of drills and motor skills, improving and strengthening kicking technique and learning body and head position and balance in the water. As the season progresses swimmers will be introduced to Breaststroke and Butterfly. Goals for the white group will be measured on progress in skill development and not on speed in the water. Swimmers in the White group will have the option of participating in team intra-squad meets and appropriate local meets.

Noncompetitive Program

Fitness Clinic- This group is for 14-18 year-old swimmers looking to refine their swimming ability in a noncompetitive environment. Classes are offered twice per week, and there are no competitive or attendance requirements.

Stroke Technique Clinic- This group is primarily for swimmers age 10-14 that can swim 25 yards of two of the four competitive strokes. The focus will be on refining the freestyle and backstroke, while learning butterfly and breaststroke. Classes are offered twice per week, and there are no competitive or attendance requirements.

Pre-Competitive Group- This group is primarily for swimmers 10-years-of age and younger who can swim 25 yards in any form. With a small coach-to-swimmer ratio, the focus will be on technique and water safety. This group will be a seasonal group, and swimmers will not compete in meets. There are two levels in this program.

- Level I - for 10 & Unders who swim close to 25 yards of Freestyle and Backstrokes. They do not need to know any other strokes.
- Level II - for 10 & Unders who can swim 25 yards of Freestyle and Backstroke, but need help with technique. They do not need to know any other strokes.