

## **Red Squad**

Red Squad is our entry level group, geared for beginning competitive swimmers wanting to try out the experience of a swim team.

- Minimum Ability** Swimmer must be able to swim 25 yards Freestyle and 25 yards Backstroke unassisted.
- Practice:** Practice duration is one hour, of which 45 minutes will be spent in the water and 15 minutes will be dedicated to dry-land exercises. 6 sessions are offered per week.
- Attendance:** There is no attendance requirement for this group, but athletes will improve faster the more often they attend practice. Swimmers are encouraged to attend 2 or 3 practices per week to ensure improvement.
- Meet Requirements:** Meets are not required, but swimmers will be encouraged to participate in our three home meets.
- Goals:** Technique development is the main focus of this squad.  
- Learn to legally swim the four competitive strokes.  
- Learn the racing starts from or beside the starting block.  
- Learn the different types of racing turns.  
- Learn how to circle swim.  
- Acquire a basic understanding of the pace clock and timed interval training.
- Test Sets:** There are no test sets required to enter Red Squad
- Required Equipment:** Goggles  
Kickboard  
Pull buoy  
Fins  
Water bottle  
Equipment bag  
Athletic shoes and appropriate clothes for dryland

## **White 1 Squad**

White 1 Squad is designed to begin proficiency development in all four competitive strokes. Swimmers will begin to understand that technique is the most important factor in being a successful competitive swimmer.

**Practice:** Practice duration is one hour, of which 45 minutes will be spent in the water and 15 minutes will be dedicated to dry-land exercises. 6 sessions are offered per week.

**Attendance:** There is no attendance requirement for this group, but athletes will improve faster the more often they attend practice. It is encouraged to attend 2 or 3 practices per week to ensure regular improvement.

**Meet Requirements:** Swim meet participation is not required, but swimmers are encouraged to swim at our three home meets and at least one meet per two months.

**Goals:** To swim all four competitive strokes legally  
Use racing starts from beside or from the block.  
Swimmers will develop legal open turns and flip turns.  
Learn how to use the pace clock and how to maintain training intervals.

**Test Sets:** The following is a list of sets that each swimmer must be able to complete prior to entrance to White 1 Squad. Swimmer must make 5 of the 6 sets.

12 x 50 Swim (3 each Stroke)	1:20
12 x 25 Kick	0:45
8 x 50 Free	1:15
4 x 100 Free	2:45
12 x25 Free	0:40
4 x 100 IM	3:00

**Required Equipment:** Goggles  
Kickboard  
Pull buoy  
Fins  
Water bottle  
Equipment bag  
Athletic shoes and appropriate clothes for dryland

## White 2 Squad

White 2 is for strong swimmers who are eager to try competitive swimming or those White 1 swimmers who have sufficiently developed their skills. Swimmers must be able to complete the goals of the White 1 Squad and successfully complete the Test Sets detailed below in order to move into the White 2 Squad.

**Practice:** Practice duration is one hour, of which 45 minutes will be spent in the water and 15 minutes will be dedicated to dry-land exercises. 6 sessions are offered per week.

**Attendance:** There is no attendance requirement for this group, but athletes will improve faster the more often they attend practice. It is encouraged to attend 3 or 4 practices per week to ensure regular improvement and to develop the strength required for movement to Yellow 1.

**Meet Requirements:** Swim meet participation is not required, but swimmers are encouraged to swim at our three home meets and at least one meet per month.

**Goals:** Swimmers of White 2 should be committed to achieving their potential. Swim all four competitive strokes legally. Use racing starts from the block with legal open, transition and flip turns.

**Test Sets:** The following is a list of sets that each swimmer must be able to complete prior to entrance to White 2 Squad. Swimmer must make 5 of the 6 sets.

16 x 50 S (4 each Stroke)	1:15
8 x 50 Kick	1:10
8 x 100 Free	2:15
4 x 200 Free	4:15
12 x 50 Free	1:05
6 x 100 IM	2:00

**Required Equipment:** Goggles  
Kickboard  
Pull buoy  
Fins  
Water bottle  
Equipment bag  
Athletic shoes and appropriate clothes for dryland

## **Yellow 1 Squad**

Yellow 1 is a stepping stone for swimmers who either aspire to a higher level of competition, or wish to become very strong swimmers. The emphasis in Yellow 1 is on technique, conditioning, speed and strength development. Yellow 1 Squad is designed to take the skills learned from the novice & developmental Red and White squads and put them to use in becoming a successful competitive Age Group swimmer.

- Practice:** Practice duration is 1:45, of which 1:15 will be spent in the water and 30 minutes will be dedicated to dry-land exercises. 6 sessions are offered per week.
- Attendance:** There is no attendance requirement, but athletes will improve faster the more often they attend practice. Swimmers will be encouraged to attend a minimum of 3 practices per week, with most swimmers attending 4 or more practices per week.
- Meet Requirements:** Swim meet participation is not required, but swimmers are encouraged to swim in one swim meet per month.
- Goals:**  
Become a very strong - very fit - fast swimmer.  
Develop endurance for higher level training.  
Refine stroke technique for competitive swimming success.  
Master competitive starts, transitions and turns.  
Attain State qualification times in the swimmer's respective age group.
- Test Sets:** The following is a list of sets that each swimmer must be able to complete prior to entrance to Yellow 1 Squad. Must make 5 of the 6 sets.

16 x 50 Swim (4 each Stroke)	1:10
8 x 50 Kick	1:05
8 x 100 Free	1:40
4 x 200 Free	3:30
12 x 50 Free	0:50
6 x 100 IM	2:00

- Required Equipment:**
- Goggles
  - Kickboard
  - Pull buoy
  - Fins
  - Strokemaker hand paddles (size 0.5 or 1.0)
  - Finis Swimmer's snorkel (front-mount)
  - Water bottle
  - Equipment bag
  - Athletic shoes and appropriate clothes for dryland

## **Yellow 2 Squad**

Yellow 2 is a place for swimmers to transition from the developmental levels of our team to State and higher level competitive age group swimming. Yellow 2 is designed to build upon the skills and fundamentals learned in the developmental squads with the additional focus of a seasonal training plan. Swimmers in this group will continue to work on technique, but will also be introduced to aerobic conditioning and strength training.

- Practice:** Practice duration is two hours, of which 30 minutes will be dedicated to dryland training, with 90 minutes of swimming. Six sessions are offered per week.
- Attendance:** It is recommended that each swimmer attend a minimum of 4 practices per week, with many swimmers attending 5 or more practices per week. At this level of the team swimmers are encouraged to maintain consistent attendance and learn the meaning of commitment and hard work. No attendance policy will be enforced but attendance is evaluated for promotion to the higher squads.
- Meet Requirements:** No meet requirements but swimmers are encouraged to swim at least one meet per month.
- Goals:** Teach swimmers how to achieve high level success in competitive swimming. Swimmers should strive to qualify for the State & Sectional Championships.
- Test Sets:** The following is a list of sets that each swimmer must be able to complete prior to entrance to Yellow 2 Squad.
- |              |      |
|--------------|------|
| 6 x 100 IM   | 1:40 |
| 5 x 100 Free | 1:30 |
| 6 x 200 IM   | 3:30 |
| 8 x 50 Kick  | 1:00 |
- Required Equipment:** Goggles  
Kickboard  
Pull buoy  
Fins  
Strokemaker hand paddles (size 0.5 or 1.0)  
Finis Swimmer's snorkel (front-mount)  
Water bottle  
Equipment bag  
Athletic shoes and appropriate clothes for dryland
- Rules:** Swimmers are asked to come on time and participate regularly. Parents and/or swimmers should notify the coach before practice if leaving early, and should communicate with the coach in advance about any extended absences or vacations.

## Yellow 3 Squad

Yellow 3 Squad is designed as a stepping-stone to training and competing at the senior level. Yellow 3 swimmers are working on the transition from age-group swimming to senior level swimming, and to prepare for the top levels of our team.

- Practice:** Practice duration is two hours, of which 30 minutes will be dedicated to dryland training, with 90 minutes of swimming. Six sessions are offered per week.
- Attendance:** At this level of the team swimmers are expected to maintain consistent attendance if planning to move into the Blue/Gold level of the team. It is recommended that each swimmer attend a minimum of 5 practices per week. No attendance policy will be enforced but attendance is evaluated for promotion to the higher squads.
- Meet Requirements:** No meet requirements but swimmers are encouraged to swim at least one meet per month.
- Goals:** Teach swimmers how to achieve success in competitive swimming. Swimmers should strive to qualify for the State & Sectional Championships. Mastery of the swimming strokes, starts and turns. Become extremely fit and strong in preparation for high level competition.
- Test Sets:** The following is a list of sets that each swimmer must be able to complete prior to entrance to Yellow 3 Squad.

6 x 100 IM	1:30
8 x 50 Kick	0:55
5 x 100 Free	1:20
6 x 200 Free	3:15

- Required Equipment:**
- Goggles
  - Kickboard
  - Pull buoy
  - Fins
  - Strokemaker hand paddles (size 0.5 or 1.0)
  - Finis Swimmer's snorkel (front-mount)
  - Water bottle
  - Equipment bag
  - Athletic shoes and appropriate clothes for dryland

**Rules:** Swimmers are asked to come on time and participate regularly. Parents and/or swimmers should notify the coach before practice if leaving early, and should communicate with the coach in advance about any extended absences or vacations. At this level of the team swimmers are encouraged to maintain consistent attendance and learn the meaning of commitment and hard work.

## **Blue Squad**

Blue squad is a highly competitive group of swimmers that strive to achieve Sr. Sectional, Jr. National, and Olympic Trial standards. Attendance at all practices and coach designated meets is mandatory. Swimmers must have the highest level of commitment to swimming and team functions, and a willingness to endure a demanding workload throughout the entire year. An emphasis in placing athletes in high level collegiate program is of strong importance.

- Practice:** Practice duration is two hours, of which 30 minutes will be dedicated to dryland training, and 90 minutes for swimming. Six sessions are offered per week.
- Attendance:** Each swimmer should attend a minimum of 5 practices per week. Written notice from parent is expected for absences. The written excuse will be deemed viable at the coach's discretion. Continued or unexcused absences will result in removal from the squad.
- Meet Requirements:** Swimmers are expected to participate in swim meets as required by the Head Coach.
- Goals:** Teach swimmers how to achieve success in competitive swimming. Swimmers should strive to attain Sectional, Zone and National qualification
- Test Sets:** The following is a list of sets that each swimmer must be able to complete prior to entrance to Blue Squad. Must make 5 of the 6 sets.
- |              |      |
|--------------|------|
| 6 x 100 IM   | 1:20 |
| 5 x 100 Free | 1:10 |
| 6 x 200 IM   | 3:00 |
| 8 x 50 Kick  | 0:50 |
- Required Equipment:**
- |                               |                                       |
|-------------------------------|---------------------------------------|
| Goggles                       | Kickboard                             |
| Pull buoy                     | Long fins                             |
| FINIS Swimmer's Z2 swim fins  | Strokemaker hand paddles              |
| Speedo Biofuse Finger Paddles | Finis Swimmer's snorkel (front-mount) |
| Parachute                     | Finis Tempo Trainer                   |
| Equipment bag                 |                                       |
- Rules:** Swimmers must come on time and participate regularly. Parents and/or swimmers should notify the coach before practice if leaving early, and should communicate with the coach in advance about any extended absences or vacations. At this level of the team swimmers are encouraged to maintain consistent attendance and learn the meaning of commitment and hard work.
- While our team realizes that the swimmers themselves are often times not responsible for tardiness, GoldSquad members should make every attempt to be on time for practices and meets. All disciplinary problems will be addressed by the coach on an individual basis. Swimmers must sign a code of conduct form prior to participation.

## **Gold Squad**

Gold squad is highly competitive group of swimmers that strive to achieve Sr. Sectional, Jr. National, and Olympic Trial meets. Attendance at all practices and coach designated meets is mandatory. Swimmers must have the highest level of commitment to swimming and team functions, and a willingness to endure a demanding workload throughout the entire year. An emphasis in placing athletes in high level collegiate program is of strong importance.

- Practice:** Practice duration is two hours, of which 30 minutes will be dedicated to dryland training and 90 minutes to swimming. Six sessions are offered per week.
- Attendance:** Each swimmer is required to attend 6 practices per week unless notified in writing by a parent. The written excuse will be deemed viable at the coach's discretion. Continued or unexcused absences will result in removal from the squad. Probation after 1 month will be assigned to the swimmer who does not meet at least 90% attendance. The swimmer will have 2 weeks to attain attendance above 90%.
- Meet Requirements:** Swimmers are expected to participate in swim meets as required by the Head Coach.
- Goals:** Teach swimmers how to achieve success in competitive swimming. Swimmers should strive to attain Sectional, Zone and National qualification.
- Test Sets:** The following is a list of sets that each swimmer must be able to complete prior to entrance to Gold Squad.

8 x 100 IM	1:15
5 x 100 Free	1:05
6 x 200 IM	2:45
10 x 50 kick	0:45

- Required Equipment:**
- |                               |                                       |
|-------------------------------|---------------------------------------|
| Goggles                       | Kickboard                             |
| Pull buoy                     | Long fins                             |
| FINIS Swimmer's Z2 swim fins  | Strokemaker hand paddles              |
| Speedo Biofuse Finger Paddles | Finis Swimmer's snorkel (front-mount) |
| Parachute                     | Finis Tempo Trainer                   |
| Equipment bag                 |                                       |

- Rules:** Swimmers are asked to come on time and participate regularly. Parents and/or swimmers should notify the coach before practice if leaving early, and should communicate with the coach in advance about any extended absences or vacations. At this level of the team swimmers are encouraged to maintain consistent attendance and learn the meaning of commitment and hard work

While our team realizes that the swimmers themselves are often times not responsible for tardiness, GoldSquad members should make every attempt to be on time for practices and meets. All disciplinary problems will be addressed by the coach on an individual basis. Swimmers must sign a code of conduct form prior to participation.