



# Developmental Squads

## Developmental Squads

These 3 squads serve as our entry level programs. The purpose of these squads is to teach the 4 competitive strokes, turns and starts. The major emphasis at these levels will be skill development and fun!

### **Requirements to enter Tiny TOPS**

- Swim 25 yards continuous.
- Able to jump into water.

### **Requirements to enter Red or Black**

- Swim 25 yards freestyle.
- Swim 25 yards backstroke.
- Able to jump into water.

There is no attendance requirement for these groups, but athletes will improve more quickly, and **make more friends** (which will make them want to come more!), the more often they attend workout.

## General Developmental Goals

### **Tiny TOPS (Age 5-8)**

Tiny TOPS is for novice 8 & unders.

Practices are offered 2 times per week for 45 minutes.

#### Goals of Tiny TOPS

- Learn and understand YMCA's four core values: caring, honesty, respect and responsibility.
- Participate in competitive situations for skill development
- Understand that he or she is a part of a larger team
- Front start from the starting block
- Do a flip turn
- Kick 4x25 @ :45
- Push off and streamline to flags with dolphin kick

### **Red (Age 5-8)**

Red is for more advanced 8 & unders.

Practices are offered 3 times per week for 1 hour.

#### Goals of Red

- Learn and understand YMCA's four core values: caring, honesty, respect and responsibility.
- Participate in competitive situations for skill development
- Swim 100 IM legally
- Perform all turns and push-offs efficiently
- Perform track start and backstroke start effectively
- Athlete is motivated to listen to coaches and try to improve
- Courteous to other swimmers in pool
- Athletes know their attitude affects how they swim and how others around them swim
- Develop consistent practice attendance
- Acquire basic understanding of the pace clock

### **Black (Age 9-12)**

Black is for swimmers ages 9-12.

Practices are offered 3 times per week for 1.5 hours.

#### Goals of Black

- Learn and understand YMCA's four core values: caring, honesty, respect and responsibility.
- Participate in dryland training to facilitate basic athletic development.
- Participate in competitive situations for skill development
- Swim 3x100 IM legally
- Perform all turns and push-offs efficiently
- Perform track start and backstroke start effectively
- Athlete is motivated to listen to coaches and try to improve
- Courteous to other swimmers in pool
- Athletes know their attitude affects how they swim and how others around them swim
- Develop consistent practice attendance
- Acquire basic understanding of the pace clock

## Age Group Squads

### Swim-4-Fitness (Age 11-14)

The Swim-4-Fitness group is available for young swimmers who wish to use swimming to establish and maintain a level of physical fitness, but do not desire to participate in competitions. Coaches will provide workouts and basic instruction for this group. Attendance, effort, intensity and outcomes are all determined by the swimmers goals and their personal motivation to reach those goals. This is a non-competitive group, but swimmers may choose to sign up for competitions if they so desire.

Workouts are offered 3 times per week for 1.5 hours, including 30 minutes of dryland fitness and 60 minutes of swimming.

#### Goals of Swim-4-Fitness

- Learn and understand YMCA's four core values: caring, honesty, respect and responsibility.
- Learn new strokes and swimming skills
- Understanding importance of physical fitness in life
- Learn and improve new dryland exercises and skills

### Bronze (Age 9-12)

The goal of the Bronze group is to further refine a swimmer's fluidity with the different strokes, starts, and turns.

From the Developmental squads, athletes move into this group. Swimmers must be able to complete the 'Goals of the Developmental Squads to move into the Novice group.

#### **Requirements to enter Bronze Squad**

*Candidates should complete 3 of the following 5*

- 10x50@ 1:10 freestyle
- 8x25 @ :40 IM order
- Swim under 1:30 in 100yd freestyle
- Swim under 1:50 in 100yd IM
- Kick 1x50 under 1:10

Workouts are offered 4 or 5 days a week for 1.5 hours. There is no attendance requirement for this group, but 3 practices per week are strongly recommended.

Athletes will improve more quickly, and **make more friends** (which will make them want to come more!), the more often they attend workout.

#### Goals of Bronze

- Swim 3x200 IM legally
- Improve fluidity in turns and push-offs
- Perform track start and backstroke start effectively
- Achieve USA Swimming 10&Under ISI State time standards
- Athlete is motivated to listen to coaches and try to improve
- Courteous to other swimmers in pool
- Athletes know their attitude affects how they swim and how others around them swim
- Develop consistent practice attendance
- Race in every distance, every stroke available over duration of season
- Learn goal setting skills
- Create a core group of 'training friends'
- Sit with friends and teammates at swim meets
- Listen to coaches!

Competing at swim meets is *highly* encouraged at a rate of about once per month in USA-Swimming sanctioned meets. Swimmers at this level are expected to swim at the YMCA district meet and all other qualified championship level meets.

### Silver (Age 11-14)

Swimmers will be encouraged to develop good practice habits, and will begin to learn some of the training concepts that will be used at higher levels of training. This program provides techniques to increase efficiency while gaining strength, speed and endurance. This program is intended for the age group swimmers that have goals of pursuing their swimming career as far as possible. The practice direction, structure and difficulty will be designed to meet that end years down the road.

#### **Requirements to enter Silver Squad**

*Candidates should complete 5 of the following 7*

- Display intention of adhering to attendance expectation before moving into group
- Racing history in every event available
- Show willingness to learn
- 8x100yd @ 1:45 –freestyle
- 6x100yd @ 2:00 –IM
- Under 7:30 in 500yd freestyle
- Kick 1x50 under :40 with fins

Silver practice is offered 5-6 times per week for 1.5 to 2 hours. Silver swimmers are expected to maintain a minimum of 70% attendance. Special exceptions may be cleared with the Silver coach on an absence by absence basis.

#### Goals of the Silver

- Achieve USA Swimming Top 16 time standards
- Win all relays at Age Group State Meet
- Begin learning how to manage effort and intensity through practice
- Improve on controlling attitude and focus within workout and understand that they affect teammates
- Continue to develop goal setting skills
- Improve proficiency in turns and starts
- Use underwater fly kicking as a tool in racing
- Continue becoming more fluid in swimming (no splashing)
- Kick 50yd with fins under :30
- Begin to actively improve distance per stroke
- Learn leadership skills
- Competition at swim meets is expected in this group.

# Senior Squads

**Note on training:** Once swimmers are fully grown and are promoted as far as the Senior program, they must train more and better than they did when they were younger to continue to swim faster.

## High School

The High School training squad takes athletes coming from other sports, high school swimmers or swimmers currently in the TOPS program who are not ready for the Gold level of training. Technique is the primary focus with speed, power and explosiveness playing large roles. Swimmers may enter this group in the spring of their 8<sup>th</sup> grade year.

Practice is offered 4-6 times a week. While there is no attendance requirement, athletes are strongly encouraged to attend all practices as skills and progressions build from one practice session to another.

### Goals for the High School Squad

- Continue becoming more fluid in swimming (no splashing)
- Actively improve distance per stroke
- Translate power and athleticism developed in dry land training to speed in the water
- Learn leadership skills
- Swimmers will learn to actively monitor and improve their stroke technique
- Swimmer understands and takes responsibility for attendance and performance, work habits in practice and how these three relate to meet performance

## Gold (Age 13 & up)

The Gold squad is the highest level of training for TOPS swimmers before reaching the National team. A great deal of importance in the training of the Gold group is placed on enhancing skills and technique, as well as increasing the intensity of the training sessions. Members of this group also have increased expectations of consistent practice attendance and to demonstrate leadership to the other members of the team.

Practices are offered 5-6 times per week for 2 hours. 70% attendance is required.

### To Enter the Gold Squad

- Display intention of adhering to attendance commitment before moving into group
- Show willingness to learn
- 10x100 @ 1:30
- 8x50 @ 1:00 kick
- Under 2:30 in 200yd freestyle
- Kick 1x50 under :35 with fins

## National (Age 13 & up)

Athletes in the National squad are **committed** to serious training for the sport of swimming. Athletes must be 13 years or older and agree to a commitment to train year-round and are expected to attend all workouts. Training in the group is at a very high level, and each member is expected to contribute to the team's pursuit of excellence. National practice is offered 6-9 times per week depending on the time of year. National swimmers are expected to maintain 90% workout attendance and communicate with the National coach about their training schedule.

Practices are 1.5 to 2.5 hours and will consist of both dryland and swimming workouts. 90% attendance is required.

### To Enter the National Squad

- Display intention of adhering to attendance commitment before moving into group
- 10x100@ 1:20
- 8x50@ :50 kick
- Swim under 1:00 in 100yd freestyle for girls/ :56 for boys
- Kick 1x50 under :30 with fins
- 30 pushups in 1:00