

Expectations for Group : BLUE	
General Requirements	
Age / Growth Curve	Girls 6-10 years; Boys 6-11 years /before PHV
Group Focus	Learning the FUNdamentals of swimming: body positioning & breathing, water comfort, FUN
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag Dry: running shoes, appropriate clothing for dryland
Attitude	Smiles & enjoys being in the water; listens well to coaches
Time Investment	Recommended to Attend 2-3 Practices per week
Extracurricular Activities	Swimming is one of many activities.
Ownership of the Sport	Swimmer feels like he/she "belongs" & is part of the Team
Practice Length	Up to 30 minutes dryland; Up to 1 hour in the water
Practices Offered	Sunday through Friday, at the Rec Center
Competition	Intrasquad meets recommended, but athlete led participation
Technique / Skills*	Free & Back must be deep water safe. Can jump in feet first.
Physical Requirements	
Free Repeats*	Can swim 2X25's in pool without stopping in the middle. (No interval)
Free Endurance	N/A
Non-Free Repeats *	25 on the back without stopping
IM Repeats	N/A
IM Endurance	N/A
Kick Repeats*	2 x 25 kick without stopping in the middle (no interval)
Kick Endurance	N/A
Underwater Skills*	Willing to put face in the water and blow bubbles.
Push Ups	N/A
P. T. Assessment	N/A
Time Standards	N/A
Event History	N/A
Team Support	
Swimmer	Participate in Team functions and fundraisers when appropriate
Parent	Introduction to roles of hosting/running a swim meet
Total Requirements to be Met	5 requirements, marked with an *
Requirements noted by *, ^, or +	PHV: Peak Height Velocity

Expectations for Group : RED	
General Requirements	
Age / Growth Curve	Girls 8-12; Boys 9-13 /before PHV (=)
Group Focus	Skill acquisition is #1, basic introductory training; swimmers in peer groups for needed skills/endurance as appropriate
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag Dry: running shoes, appropriate clothing for dryland
Attitude	Smiles & enjoys being in the water; listens well to coaches
Time Investment	2-3 Practices per week
Extracurricular Activities	Swimming is one of many activities.
Ownership of the Sport	Feels like he/she "belongs" & is part of the Team
Practice Length	Up to 30 minutes dryland; Up to 1 hour 15 minutes in the water
Practices Offered	Sunday through Friday, at the Rec Center
Competition	Intrasquad meets recommended, but athlete led participation
Technique / Skills*	3 of the 4 strokes required legal; consistent attempted flip turns some sort of legal forward start; streamline from a set up to the flags
Physical Requirements	
Free Repeats*	4 X 25 @ :40 with streamlines that take the head to the flags on each swim
Free Endurance	N/A
Non-Free Repeats*	4 X 50 (2 Fly or Breast @ 1:40 SCY/1:50 LCY, 2 Back @1:30 SCY/1:40 LCY)
IM Repeats*	100 IM with at least 3 out of 4 strokes legal
IM Endurance	N/A
Kick Repeats*	6 X 50 kick @ 1:30 SCY/1:40 LCY
Kick Endurance	N/A
Underwater Skills*	Able to remain underwater in streamline after turns
Push Ups*	5 with good form
P. T. Assessment	N/A
Time Standards	N/A
Event History	N/A
Team Support	
Swimmer	Participate in Team functions and fundraisers when appropriate
Parent	Participate in hosting/running swim meets
Total Requirements to be Met	7 requirements noted by an *
Requirements noted by *, ^, or +	PHV: Peak Height Velocity; (=) are 8 yr old boys who are early bloomers May be invited to 1 Bronze practice per week at Coach's discretion.

Expectations for Group : BRONZE	
General Requirements	
Age / Growth Curve	Girls 8-11; Boys 9-12 /before PHV (=)
Group Focus	Skill acquisition is #1, more rigorous training; swimmers moved to peer groups with needed skills/endurance as appropriate
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag Recommend: learning snorkel; Dry: running shoes, appropriate clothing, water bottle
Attitude	Smiles & enjoys being in the water; listens well to coaches
Time Investment	2-4 Practices per week; at the Rec Center
Extracurricular Activities	Swimming is one of many activities.
Ownership of the Sport	MCA is "HIS or HER" Team; Eagerly attends practice (no forcing)
Practice Length	Up to 45 minutes dryland; Up to 1 hour 30 minutes in the water
Practices Offered	Sunday through Friday (may attend 1 Silver practice per wk at coach's invite)
Competition	Intrasquad meets required, other meets as recommended by coach
Technique / Skills*	All 4 strokes LEGAL; basic turns all 4; reads pace clock intervals
Physical Requirements	
Free Repeats*	12 X 50 @ 1:05 SCY / 1:10 LCY
Free Endurance	N/A
Non-Free Repeats^	9 X 50 (3 FLY & 3 BACK @ 1:20 SC/1:30 LC, 3 BRST @ 1:30 SC/1:40 LC) Can be done in IM order by 50
IM Repeats^	5 X 100's IM on 2:30 SCY/ 2:45 LCY
IM Endurance^	Completely legal 200 IM
Kick Repeats+	10 X 50 Kick on 1:20 SCY / 1:30 LCY
Kick Endurance	N/A
Underwater Skills*	Remains underwater in streamline after turns; attempting regular breaststroke pullouts; learning to exhale fully underwater
Push Ups+	10 with good form
P. T. Assessment	N/A
Time Standards	N/A
Event History	25's & 50's of all strokes; 100 IM; 100 Free
Team Support	
Swimmer	Participates in Team activities and fundraisers
Parent	Participates in hosting/running swim meets
Total Requirements to be Met	6 of 8 (MANDATORY: 3 with*, 2 with ^, 1 with +) & honestly attempts other 2
Requirements noted by *, ^, or +	PHV: Peak Height Velocity; (=) are 8 yr old boys who are early bloomers

Expectations for Group : SILVER	
General Requirements	
Age / Growth Curve	Girls 9-13; Boys 10-15, during high growth thru PHV & into deceleration (a)
Group Focus	Aerobically based training added to excellent technique & underwater skills is now #1 focus; Incremental Technical improves during & between seasons; "Easy Speed"
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag Recommend: learning snorkel; Dry: running shoes, appropriate clothing, water bottle
Attitude	Shows continued desire to do things correctly and advance in sport
Time Investment	5 days recommended, 4 days REQUIRED
Extracurricular Activities	Swimming becoming a primary activity
Ownership of the Sport	Swimmer leads attendance of practice (not parent); manages time to allow practices
Practice Length	Up to 45 minutes dryland; Up to 1 hour 45 minutes in the water
Practices Offered	Sunday through Friday; at the Rec Center (b)
Competition	Intrasquad meets required, other meets recommended by coach; Relays at Champ meets
Technique / Skill*	Continues improvement in strokes; reads Pace Clock & begins starting on own demonstrates good lane etiquette (circle swimming, leaving on time, etc.)
Physical Requirements	
Free Repeats*	12 X 100 @ 1:50 SCY / 2:00 LCY
Free Endurance*	400 Free w/ all flip turns, and streamlines held until head is at flags
Non-Free Repeats ^	12 X 50 (4 FLY & 4 BK @ 1:10 SC / 1:20 LC, 4 BRST @ 1:20/1:30; in IM order by blocks of 4)
IM Repeats^	10 X 100's IM on 2:15 SCY / 2:30 LCY
IM Endurance^	300 IM swum w/ last 25 of Back/Brst/Free at a faster pace than first 25 of each
Kick Repeats+	16 X 50 Kick @ 1:10 SCY / 1:20 LCY
Kick Endurance	N/A
Underwater Skills*	Remains underwater in streamline after turns; remains underwater after releasing all air; Consistent work on extending underwater kickouts, & underwater pullouts for Breast
Push Ups+	15 with good form
P. T. Assessment	N/A
Time Standards	N/A
Event History*	developing race history for all strokes in distances available for age group
Team Support	
Swimmer	Strongly involved in Team activities, events, and fundraisers
Parent	Stronger roles in meet hosting/running; considers Board & other Team roles
Total Requirements to be Met	8 of 10 (5 with *, 2 with ^, 1 with +) & honestly attempts other 2
Requirements noted by *, ^, or +	(a) PHV is Peak Height Velocity; Girls turning 9 or Boys turning 10 RIGHT before LSC Champs MAY be accepted into this group PER COACH'S decision IF ALL *, ^, & + passed (b) Swimmers aging up (G: 10, B: 11)RIGHT before LSC Champs MAY be allowed 1 Gold practice per week

Expectations for Group : FITNESS	
General Requirements	
Age / Growth Curve*	Girls 12-15; Boys 14-15
Group Focus	Building fitness both in & out of the water; swimming as conditioning for multiple sports MAY be used as "skills bootcamp" for new swimmers 12 & Up who need to be acclimated
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag Recommend: learning snorkel; Dry: running shoes, appropriate clothing, water bottle
Attitude	Recognizes benefits of swimming; comes to practice with positive & willing attitude
Time Investment	Recommended to Attend 3-4 Practices per week
Extracurricular Activities	Swimming is one of many activities.
Ownership of the Sport	Uses swimming to build superior fitness; speaks highly of MCA to others
Practice Length	Up to 45 minutes dryland; Up to 1 hour 30 minutes in the water
Practices Offered	Sunday through Friday; at the Rec Center
Competition	Intrasquad meets recommended, but athlete led participation
Technique / Skills*	Free & Back must be deep water safe. Can jump in feet first; learn good lane etiquette
Physical Requirements	
Free Repeats*	2 X 25's without stopping in the middle of the pool (no interval)
Free Endurance	N/A
Non-Free Repeats *	25 on the back without stopping
IM Repeats	N/A
IM Endurance	N/A
Kick Repeats	N/A
Kick Endurance	N/A
Underwater Skills*	puts face in the water, blow bubbles & hold breath: willing to do forward & backward sommersaults
Push Ups	N/A
P. T. Assessment	N/A
Time Standards	N/A
Event History	N/A
Team Support	
Swimmer	Participate in Team functions and fundraisers when appropriate
Parent	Participates in hosting/running swim meets
Total Requirements to be Met	5 with * (including AGE)
Requirements noted by *, ^, or +	

Expectations for Group : GOLD	
General Requirements	
Age / Growth Curve	Girls 11-15; Boys 12-16, during high growth thru PHV & into deceleration (a)
Group Focus	Aerobically based training added to excellent technique & underwater skills is now #1 focus; Incremental Technical improves during & between seasons; "Easy Speed"
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag, snorkel, Stretch cord; Dry: running shoes, dryland clothes, H2O bottle; Rec: Tempo Trainer
Attitude*	Positive attitude ; shows leadership in Age Group Program; Aims to move to Senior Group and beyond
Time Investment*	Recommend 6 practices per week; 5 REQUIRED; Recommend 2 doubles for SUMMER
Extracurricular Activities*	Swimming has become the #1 sport
Ownership of the Sport*	Decisions on "wet side" begin moving to between Athlete (rather than Parent) & Coach; Begins developing coping strategies for pressure from parents, peers & self; Begins to understand relationship between attendance, work, and results
Practice Length	Up to 45 minutes dryland; Up to 2 hours in the water
Practices Offered	Sunday through Friday (may attend 1Sr. Regional practice per wk at coach's invite)
Competition	Intrasquad meets become training; Qualifier meets Required Other meets as recommended by Coach; LSC champ relays expected
Technique / Skills*	Focus on distance per stroke and inclusive kicking; breathing awareness (racing patterns) pacing skills; understand complex interval work
Physical Requirements	
Free Repeats*	16 X 100 @ 1:35 SCY / 1:45 LCY
Free Endurance*	1000 straight freestyle with quality streamlined kickouts and technique
Non-Free Repeats^	15 X 50 (5 Fly & 5 Back @ 1:00 S/ 1:10 L; 5 Breast @ 1:10 S/ 1:20 L) In IM order by blocks of 5
IM Repeats^	6 X 200 IM @ 3:45 SCY / 4:15 LCY
IM Endurance^	6 X 300 (Odds IM ,Evens FRIM) Time to complete under 36:00 SC/ 39:00 LC
Kick Repeats+	20 X 50 Kick @ 1:00 SCY / 1:10 LCY
Kick Endurance+	400 Kick under 7:45 SCY / 9:00 LCY
Underwater Skills*	Consistent work on extending underwater kickouts, breaking out w/out reaching for air, And underwater pullouts; 6 X 25 shooters (w/fins) @ :45; Stays under with all air gone
Push Ups+	2 X 12 with good form @ :30 rest
P. T. Assessment	Recommended
Time Standards+	11-12 Age Group A times in at least 2 strokes in 100 distances or further (or 200 IM)
Event History*	Very close to a fully developed racing history for Age Group
Team Support	
Swimmer	Team activities and fundraisers; represents MCA well in Public on both wet & dry sides
Parent	Participates in hosting/running swim meets; considers Board & other Team roles
Total Requirements to be Met	13 out of 16 (9 with *, 2 with ^, 2 with +) & honest attempts at other 3
Requirements noted by *, ^, or +	(a) PHV is Peak Height Velocity;

Expectations for Group : POWER	
General Requirements	
Age / Growth Curve*	at least 15 years old & a Freshman in High School
Group Focus	Building "wet & "dry" fitness; intro to year-round swimming; basic prep for H.S. Swimming
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag Dry: running shoes, appropriate clothing for dryland Rec: Learn to Swim Snorkel
Attitude	Positive attitude; sets goals for success & improvement; willing to be challenged balances swimming with schoolwork and other aspects of life (family, activities, etc.)
Time Investment	Recommend at least 3 practices per week
Extracurricular Activities	Swimming is one of many activities.
Ownership of the Sport	Continues swimming to build superior fitness; speaks highly of MCA to others
Practice Length	up to 30 minutes dryland; Up to 2 hours in the water
Practices Offered	Sunday through Friday; at the Rec Center
Competition	Intrasquad meets highly recommended
Technique / Skills*	able to cross the pool safely without touching the bottom; Technique education and Basic Conditioning is primary focus
Physical Requirements	
Free Repeats*	be able to swim 2 X25's without stopping in the middle (no interval)
Free Endurance	N/A
Non-Free Repeats*	25 on the back without stopping
IM Repeats	N/A
IM Endurance	N/A
Kick Repeats	N/A
Kick Endurance	N/A
Underwater Skills*	puts face in the water, blow bubbles & hold breath: willing to do forward & backward sommersaults
Push Ups	N/A
P. T. Assessment	N/A
Time Standards	N/A
Event History	N/A
Team Support	
Swimmer	Participates in Team activities and fundraisers
Parent	Participates in hosting/running swim meets
Total Requirements to be Met	4 with * (including AGE)
Requirements noted by *, ^, or +	

Expectations for Group : REGIONAL	
General Requirements	
Age / Growth Curve *	13 & older Girls; 14 & older Boys, past PHV & into deceleration
Group Focus	IM focused training
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag, snorkel, stretch cord, socks for kicking, paddles ; Recommended: Tempo Trainer Dry: running shoes, appropriate clothing for dryland, water bottle
Attitude*	Positive mindset; deals well with changes; wants to achieve highest levels of swimming; filters negative behaviors & emotions (including own); balances time/activities; sees swimming as a learning process & learns from failure & grows
Time Investment*	Up to 2 AM doubles; Sunday-Friday, all 6 practices offered (a)
Extracurricular Activities*	Swimming is the Primary sport
Ownership of the Sport*	Decisions on "wet side" begin moving to between Athlete (rather than Parent) & Coach; Begins developing coping strategies for pressure from parents, peers & self; understands relationship between attendance, work, and results as well as the nature of swimming: plateaus, in-season vs. taper, etc.
Practice Length	AM: up to 90 minutes in water; PM: up to 1 hour dryland, up to 2 hours in water
Practices Offered	AM: Monday, Wednesday, Friday (Rec Center); PM: Sunday through Friday
Competition	Intrasquad meets as training; Higher Qualifying Meets as reached Other meets as recommended by Coach; LSC champ relays expected
Technique / Skills*	Improves in distance per stroke, kicking, & underwater racing skills
Physical Requirements	
Free Repeats*	20 X 100 @ 1:25 SCY / 1:35 LCY
Free Endurance*	1000 Free @ 13:30 SC / 800 Free @ 13:00 LC METERS
Non-Free Repeats ^	10 X 100 (Back @ 1:45 SC/ 1:55 LC, Fly or Breast @ 2:00 SC/ 2:10 LC)
IM Repeats^	8 X 200 IM @ 3:15 SCY / 3:45 LCY
IM Endurance^	6 X 400 (Odds IM / Evens FRIM) Total time @ 42:00 SCY / 46:00 LCY
Kick Repeats+	12 X 100 @ 1:50 SCY / 2:05 LCY
Kick Endurance+	600 Kick @ 10:45 SCY / 12:15 LCY
Underwater Skills*	Consistent work on extending underwater kickouts, breaking out w/out reaching for air, And underwater pullouts; 8 X 25 shooters w/fins @ :30 (no extra breath, under :16)
Push Ups +	20 with good form in 1:00
P. T. Assessment	Highly recommended
Time Standards +	Within 5% of 13-14 Champ times in at least 2 primary events
Event History*	Finish developing a FULL race history
Team Support	
Swimmer	Participates in Team activities and fundraisers; spends time with younger swimmers Represents MCA well in public on both wet and dry sides
Parent	Participates in hosting/running swim meets; takes part on Board & other Team roles
Total Requirements to be Met	14 of 17 (10 with *, 2 with ^, 2 with +) and honest attempts at other 3 (b)
Requirements noted by *, ^, or + total time invested to be 88% of practices offered.	PHV: Peak Height Velocity; (a)Coach approved absences discussed PRIOR to day; (b)14 yr Girls/ 15 yr Boys MAY still be considered if they are committed YEAR-ROUND swimmers who meet requirements in: technique/skills, Attendance, Ownership, Attitude, Team Support, and Extracurricular (swimming #1)

	Expectations for Group :HIGH PERFORMANCE
General Requirements	
Age / Growth Curve*	14 & older Girls; 15 & older Boys, past Peak High Velocity
Group Focus	Sectional, Jr. National, & National Competition; placement on USA swimming squads
Equipment	Wet: Team Cap, goggles, fins, appropriate swimsuit (1-piece girls), mesh bag, snorkel, stretch cord, socks for kicking, paddles ; Recommended: Tempo Trainer Dry: running shoes, appropriate clothing for dryland, water bottle
Attitude*	Positive mindset; demonstrates leadership; wants to achieve highest levels of swimming; filters negative behaviors & emotions (including own); balances time/activities; models good behaviors for young swimmers; willing to experiment w/ racing strategies
Time Investment*	Up to 3 AM doubles; 6 PM practices per week. (a) arranges water time on vacations; expected to do homework (stretching, exercises, etc.)
Extracurricular Activities*	Swimming is the Primary sport
Ownership of the Sport*	Decisions on "wet side" begin moving to between Athlete (rather than Parent) & Coach; Begins developing coping strategies for pressure from parents, peers & self; understands relationship between attendance, work, and results as well as the nature of swimming: plateaus, in-season vs. taper, etc.
Practice Length	AM: up to 90 minutes in water; PM: up to 1 hour dryland, up to 2 hours in water
Practices Offered	AM: Monday, Wednesday, Friday (Rec Center); PM: Sunday through Friday
Competition	Intrasquad meets as training when coach chooses; Higher Qualifying Meets as reached Other meets as recommended by Coach; LSC champ relays discussed
Technique / Skills*	Maximum effort given to maintaining and improving technique and underwater skills
Physical Requirements	
Free Repeats*	24 X 100 @ 1:15 SCY / 1:25 LCY
Free Endurance*	1000 Free @ 11:30 SC / 800 Free @ 11:30 LC METERS
Non-Free Repeats ^	12 X 100 (Fly & Breast @ 1:40 SC / 1:50 LC; Back 1:30 SC / 1:40 LC)
IM Repeats ^	8 X 200 IM @ 2:50 SCY / 3:20 LCY
IM Endurance ^	6 X 400 (Odds IM / Evens FRIM) Total time @ 36:00 SCY / 40:00 LCY
Kick Repeats +	12 X 100 Kick @ 1:40 SCY / 1:55 LCY
Kick Endurance +	800 Kick @ 12:00 SCY / 14:00 LCY
Underwater Skills *	holds streamline beyond backstroke flags with correct kickouts, pullouts, & breakouts Extends underwater skills to best distances per their skills & races; 6 X 25 Dolphin shooters (no fins) @ :50 with no breaths
Push Ups +	2 X 15 standard width Perfect Pushups with good form @ :30 rest
P. T. Assessment	Highly recommended
Time Standards+	Within 3 % of USA Swimming Sectional spring time standards in 2 or more Primary events
Event History*	Full Racing History
Team Support	
Swimmer	Participates in Team activities and fundraisers; spends time with younger swimmers Represents MCA well in public on both wet and dry sides
Parent	Participates in hosting/running swim meets; takes part on Board & other Team roles
Total Requirements to be Met	14 of 17 (10 with *, 2 with ^, 2 with +) and honest attempts at other 3
Requirements noted by *, ^, or +	(a) Swimmers must attend 95% of practices offered. Absences must be discussed w/Coach