

Green Group Objectives

<p><i>Training</i></p> <ul style="list-style-type: none"> ∂ Learn four competitive strokes ∂ Learn to dive off of wall ∂ Learn to streamline with and without kicking ∂ Introduction to flip turn ∂ Breath control and breathing to the side 	<p><i>Education</i></p> <ul style="list-style-type: none"> ∂ Water safety ∂ Learn basic swimming terminology ∂ Foster interest in swimming
<p><i>Entrance Skills</i></p> <ul style="list-style-type: none"> ∂ Comfortable in the water ∂ Comfortable being separated from parents ∂ Back and front float without assistance ∂ Basic knowledge of freestyle (front/crawl stroke) and backstroke 	<p><i>Exit Skills</i></p> <ul style="list-style-type: none"> ∂ Safely able to complete multiple laps of freestyle, backstroke, and kicking with a board ∂ Basic knowledge of breaststroke and butterfly
<p><i>Character Development</i></p> <ul style="list-style-type: none"> ∂ Respectful of other swimmers, parents, and coaches ∂ Develop good listening skills ∂ Foster a willingness to learn ∂ Complete tasks that might seem impossible or frightening and gain a sense of being successful 	

Bronze Group Objectives

<p><i>Training</i></p> <ul style="list-style-type: none"> ∂ Understand body position ∂ Legal turns and strokes ∂ Learn to dive off of starting blocks ∂ Backstroke start ∂ Learn breaststroke pull out ∂ Efficient streamlines ∂ Basic knowledge of pace clock ∂ Understands and uses backstroke flags ∂ Breath control including bi-lateral breathing ∂ Increase flexibility and core strength 	<p><i>Education</i></p> <ul style="list-style-type: none"> ∂ Learn basic swimming terminology ∂ Swimming is fun
<p><i>Performance</i></p> <ul style="list-style-type: none"> ∂ Legal 100 IM ∂ Talk with coach before and after every race 	<p><i>Test Sets</i></p> <ul style="list-style-type: none"> ∂ 4x50 for time butterfly on 2:00 ∂ 6x50 for time backstroke on 2:00 ∂ 6x50 for time breaststroke on 2:00 ∂ 6x50 for time freestyle on 1:45
<p><i>Character Development</i></p> <ul style="list-style-type: none"> ∂ Respectful of other swimmers, parents, and coaches ∂ Develop good listening skills ∂ Foster a willingness to learn ∂ Able to communicate with coach ∂ Listens to coach ∂ Respectful of pool, locker rooms, team equipment, and other swimmers property 	<p><i>Exit Sets</i></p> <ul style="list-style-type: none"> ∂ 200 for time under 4:15 ∂ 6x50 flutter kick on 1:45 ∂ 4x100 IM on 3:00

Silver Group Objectives

<p><i>Training</i></p> <ul style="list-style-type: none"> ∂ Work toward becoming more efficient in the 4 competitive strokes ∂ Increase flexibility and core strength ∂ Understand meaning of splits ∂ Distance per stroke ∂ Knows best practice times ∂ Sculling ∂ Breath control on turns 	<p><i>Education</i></p> <ul style="list-style-type: none"> ∂ Bring water bottle to practice and meets ∂ Uses of time management skills ∂ Importance of eating healthy meals ∂ Understands work vs reward
<p><i>Performance</i></p> <ul style="list-style-type: none"> ∂ Understands difference between practice and meet performance ∂ Sets season and yearly goals ∂ Talks with the coach about race strategies before and after all races 	<p><i>Test Sets</i></p> <ul style="list-style-type: none"> ∂ 10x100 stroke; drop out swim; holding fastest possible pace; once swimmer has completed all 10 on pace next time moves to faster pace (e.g. complete 10x100 backstroke on 2:20, next time 10x100 backstroke on 2:20) ∂ 10x100 free start on 2:30 -10 seconds every two one hundreds (2:30, 2:20, 2:10, 2:00, 1:50)
<p><i>Character Development</i></p> <ul style="list-style-type: none"> ∂ Congratulate and encourage teammates accomplishments ∂ Know at least 1 Olympians and their best events ∂ Effectively communicates with coach ∂ Possess a positive mental attitude 	<p><i>Exit Sets</i></p> <ul style="list-style-type: none"> ∂ 500 for time under 9:00 ∂ 8x50 flutter kick; average pace under 1:10 ∂ 8x100 IM; average pace under 2:15

Gold Group Objectives

<p><i>Training</i></p> <ul style="list-style-type: none"> ∂ Work toward becoming still more efficient in the 4 competitive strokes ∂ Increase flexibility and core strength ∂ Knows best times for meets and practice ∂ Ability to face challenging sets ∂ Sets practice goals 	<p><i>Education</i></p> <ul style="list-style-type: none"> ∂ Bring water bottle to practice and meets ∂ Uses of time management skills ∂ Makes good meal choices ∂ Understands work vs reward
<p><i>Performance</i></p> <ul style="list-style-type: none"> ∂ Sets season and yearly goals ∂ Creates with the coach and uses effective race strategies 	<p><i>Test Sets</i></p> <ul style="list-style-type: none"> ∂ 16x100 stroke; drop out swim; holding fastest possible pace; once swimmer has completed all 16 on pace next time moves to faster pace (e.g. complete 16x100 backstroke on 1:55, next time 16x100 backstroke on 1:50) ∂ 16x100 free start on 2:00 -5 seconds every two one hundreds (2:00, 1:55, 1:50, 1:45, 1:40, 1:35, 1:30, 1:25); focus on holding fastest possible pace throughout set
<p><i>Character Development</i></p> <ul style="list-style-type: none"> ∂ Know at least 2 Olympians and their best events ∂ Take responsibility for attendance, meet performance, and practice habits ∂ Take on the role as positive leader ∂ Initiate communication with coach ∂ Possess a positive mental attitude 	