Age Group Performance– Ages 9 & Older

GROUP FOCUS

Swimmers on the Age Group Performance program are typically ages 9 to 13, although exceptions can be made, and have swim team experience. Age Group Performance swimmers focus on technique and advanced race strategies in all four strokes. Short term and long term goal setting, and how to set goals, are reviewed and executed in this program. The primary difference between a Performance and Development swimmer is speed and endurance along with the ability to perform all four strokes proficiently. Swimmers will begin to diversify their meet events as they expand into longer distances. Starts, turns, and stroke mechanics for all four strokes continue to be refined. Technique is the primary focus in this group, with a moderate component of endurance. Along with these swimming skills, team building, community values, and self-motivation are skills swimmers are taught.

ABILITY, SKILL, & PRACTICE REQUIREMENTS

- Completed Age Group Development and at coach approval and/or recommendation
- 50 butterfly at or under :45, 50 backstroke at or under :45
- 50 breaststroke at or under :48, 50 freestyle at or under :36
- 100 Individual Medley at or under 1:35
- Swimmers are required to attend a minimum of 3 practices per week and are encouraged to attend as many, but no more than, 5 practices per week

DRYLAND TRAINING: Swimmers are encouraged to purchase an orange resistance band to bring with them to dryland sessions. Swimmers must arrive to practice with sneakers, shorts/athletic pants, and a t-shirt

- Age Group Performance swimmers will receive 30 minutes of dryland instruction every day before their swim workouts begin.
- Dryland routines during will focus primarily on:
    - Shoulder stabilization
    - Injury prevention
    - Advanced motor skills to help improve coordination and general physical preparedness
    - Cardiovascular, callisthenic, and dynamic workout routines to ensure a great swim workout!

EQUIPMENT: REP Band, Kick Board, Pull Bouy