

Training Group Descriptions

Overall Objectives of Our Group Structure

The intent of our group structure is to provide a healthy, productive, exciting place for *all* athletes interested in swimming in the mountains.

Athletes 8th grade and under will begin their careers in categories 1,2, and 3 where they will build a growing foundation of skill, fitness, and swimming acumen. Our recommended attendance is based on the minimum commitment we believe will prepare most swimmers for the future opportunity to reach their potential as an athlete. While we will always encourage athletes to meet the attendance recommendations, there is no attendance requirement for membership in Categories 1-3.

Senior 1 is designed for high school-age swimmers looking to grow and improve as athletes while enjoying ultimate flexibility to pursue other serious interests and enjoy a well rounded high school experience. Senior 1 is a fun, challenging, and exciting place for swimmers interested in excelling at the high school level, being an integral part of a team, and enjoying the incredible personal growth opportunities inherent to swimming. Senior 1 is also open to middle schoolers who have previously graduated from Category 3.

Senior 2 is designed for athletes who have a strong desire to reach their ultimate potential in swimming, to compete at the national level, and most likely swim in college. Senior 2 will expose swimmers to the regimens and challenges of elite athletes, and corresponding attendance and performance requirements.

Please See Group Descriptions Below

Category 1 Grades K-6 / Primary Coach Jeff Cook

Group Description

Category 1 is an introduction to competitive swimming, and spans a wide range of ability from true beginners to athletes who are building proficiency in all four strokes and competing in 100 and 200 yard races. Two one-on-one lessons with a coach per month, called kickstarts, are included as a part of the learning process for Category 1 swimmers. Most swimmers in this group will be in the elementary grades: kindergarten through 5th grade. We do have some older swimmers up to age 13 who start out in this group.

Practice Schedule

Monday 4:30pm - 5:20pm

Tuesday 4:30pm - 5:20pm

Wednesday 4:30pm - 5:20pm

Thursday 4:30pm - 5:20pm

Friday 4:30pm - 5:20pm

Summary of Fees

- \$100.00 Annual Registration Fee
- \$150.00 per month, billed 11 months September - July.
- USA Swimming Membership is required. A premium membership is available for \$88.00 or a Flex membership is available for \$38.00 for athletes age 12 and under competing in 2 meets or less per year.

Initial Performance Requirement

- Swim 25y Freestyle unassisted
- Swim 25y Backstroke unassisted

Attendance Expectations

- Athletes may attend up to all 5 workouts per week. No requirements for minimum attendance.

Character Traits

- **Learn:** Attention to Detail, Patience, Persistence, Gratitude

Group Goals

- **Technical Mastery:** Introduction to swimming technique focused on strong body position in all four strokes and a cultivation of strong habits.
- **Fitness:** While the focus of this group is on learning technique, swimmers also learn the basics of intervals and pacing. As their technique improves, they are able to swim progressively more yards at a faster pace over the course of the season from September to July.
- **Competition Skills:** Learn to compete in all four strokes while sustaining a consistent pace throughout races. Some athletes and their families may choose to practice for several months before competing in Category 1. Learn the fun in cheering for teammates.

Category 2 Grades 2-8 / Primary Coach Jordan Kuper

Group Description

Category 2 athletes have a basic understanding of how to swim and are ready to begin learning how to train. They will focus on learning to apply their technical lessons with the added component of exercise intensity, achieving a strong baseline of aerobic fitness in the process. Most swimmers in this group will be in the upper elementary and middle grades: 2nd through 8th grade.

Practice Schedule

Monday 4:30pm - 5:45pm

Tuesday 5:20pm - 6:45pm

Wednesday 4:30pm - 5:45pm

Thursday 4:30pm - 5:45pm

Friday 6:00pm - 7:30pm

Saturday 7:00am - 8:30am

Summary of Fees

- \$300.00 Annual Registration Fee
- \$190.00 per month (9 months)
- USA Swimming Membership is required. A premium membership is available for \$88.00 or a Flex membership is available for \$38.00 for athletes age 12 and under competing in 2 meets or less per year.

Monthly dues are billed the nine months of September to May. June and July are free for year round members. We offer additional special programs in August. Meet entry fees are not included. \$200 annual fee discount for 2nd child in Cat 2 or above, no annual fee for 3rd +.

Initial Performance Requirement

- Swim 10 x 50 freestyle on a 1:10 interval
- Swim 5 x 100 IM on a 3:00 interval

Attendance Expectations

- 4 practices per week are **recommended**

Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude
- **Learn:** Work Ethic, Peer Support

Group Goals

- **Technical Mastery:** Learn the incredible importance of forming and practicing good habits. Learn to apply technical lessons to everyday training. Learn to respond and adapt to technical feedback whether given to the individual or the group. Continue to build an understanding of the skills that make swimmers faster.
- **Fitness:** Introduce the concept of aerobic fitness in both understanding and practice. Athletes will learn to read the pace clock, track pace, train on an interval, and maintain a sustained effort.. Research shows that swimmers who attain a baseline of swimming fitness by age 12 have an extraordinary advantage in high school and college swimming.
- **Competition Skills:** Set goals for multiple events and track their progress toward goals over the course of the swimming season. Learn to participate in a healthy, supportive, and exciting competitive team environment.

Category 3 Grades 4-8 / Primary Coach Nate Rothman

Group Description

Category 3 athletes are ready to move from learning how to train to learning how to train beyond their limits (and therefore redefine their limits!) Swimmers can expect to routinely be presented with challenges and practice sets that they won't successfully complete the first time. At the same time, they will learn more advanced technical skills - particularly underwater skills. They will compete regularly, and learn to compete well whether rested or fatigued. Most swimmers in this group will be in the middle grades: 4th through 8th grade.

Practice Schedule

Monday **5:00pm - 6:45pm**

Tuesday **5:00pm - 6:30pm**

Wednesday **5:00pm - 6:45pm**

Thursday **5:00pm - 6:45pm**

Friday **6:00pm - 7:30pm**

Saturday **7:00am - 8:30am**

Summary of Fees

- \$300.00 Annual Registration Fee
- \$220.00 per month (9 months)
- USA Swimming Membership is required. A premium membership is available for \$88.00 or a Flex membership is available for \$38.00 for athletes age 12 and under competing in 2 meets or less per year.

Monthly dues are billed the nine months of September to May. June and July are free for year round members. We offer additional special programs in August. Meet entry fees are not included. \$200 annual fee discount for 2nd child in Cat 2 or above, no annual fee for 3rd +.

Initial Performance Requirement

- Swim 10 x 100 freestyle on a 1:50 interval
- Swim 5 x 200 IM on a 4:15 interval

Attendance Expectations

- 5 practices per week are **recommended**

Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support
- **Learn:** Resilience

Group Goals

- **Technical Mastery:** Dramatically improve underwater ability, starts, and turns. Learn that elite swimming power is derived from the hips to the shoulders in all four strokes. Reinforce the understanding that a skill is nothing until it becomes a habit.
- **Fitness:** Learn that breaking previous barriers is a part of the growing process. Learn to relish the challenge of making an interval, or maintaining a pace for the first time. Make a habit of building work capacity. Enhance aerobic and anaerobic fitness.
- **Competition Skills:** Build on goal-setting skills from Category 2. Appreciate the importance of race strategy and technical precision in competition. Learn to set and track goals for the pace and tempo of races. Learn to initiate a healthy, supportive, and exciting competitive team environment.

Senior 1 Grades 9-12 / Primary Coach Jordan Kuper

Group Description

Senior 1 is a flexible and supportive training and competition opportunity for high school students focused on swimming for fitness and fun. We envision a growing and thriving group of high school swimmers taking advantage of the flexibility to swim year-round while pursuing multiple interests and priorities. Five practices are recommended, but there are no attendance requirements to participate as a Senior 1 swimmer. Grade range is 9th-12th grades. Senior 1 is also open to middle schoolers who have previously graduated from Category 3.

Practice Schedule

Monday 5:45pm - 7:45pm

Tuesday 6:30pm - 8:00pm

Wednesday 5:45pm - 7:45pm

Thursday 6:00am - 8:00am / 5:45pm - 7:45pm

Friday 4:30pm - 6:00pm

Saturday 6:00am - 8:30am

Summary of Fees

- \$300.00 Annual Registration Fee
- \$230.00 per month (9 months)
- USA Swimming Membership is required - \$88.00 annually.

Monthly dues are billed the nine months of September to May. June and July are free for year round members. We offer additional special programs in August. Meet entry fees are not included. \$200 annual fee discount for 2nd child in Cat 2 or above, no annual fee for 3rd +.

Initial Performance Requirement

- Swim 10 x 100 freestyle on a 1:50 interval
- Swim 5 x 200 IM on a 4:15 interval

Attendance Expectations

- 5 practices per week are **recommended**

Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience
- **Learn:** Receiving Feedback, Team Leadership

Group Goals

- **Technical Mastery:** While reinforcing all of the technical lessons from Categories 1-3, each Senior 1 swimmer will have individualized technique coaching tailored to their goals, sometimes specializing for high school competition.
- **Fitness:** Senior 1 swimmers have the opportunity to continue to build their aerobic and anaerobic fitness through the training offered. Fitness levels will vary from elite to strong based on attendance.
- **Competition Skills:** Learn to compete under duress to be prepared for the short-rest environment of high school meets. Become more detail oriented in their race strategies. Learn to take on a leadership role in fostering a healthy, supportive, and exciting competitive team environment.

Senior 2 - Grades 8-12 / Primary Coaches Jordan Kuper

Group Description

Senior 2 is elite preparation for college swimming for athletes who have made swimming their top priority and are committed to training up to 8 times per week. Senior 2 swimmers will embrace the training and performance skills and habits of the world's most elite swimmers. Swimmers will train to the limits of their potential and capacity year round while continuously improving their approach to competition. Athletes and their parents can expect guidance and support navigating the college recruiting process.

Practice Schedule

Monday 5:45pm - 8:00pm

Tuesday 6:00am - 8:00am, 6:30pm - 8:00pm

Wednesday 5:45pm - 8:00pm

Thursday 6:00am - 8:00am, 5:45pm - 8:00pm

Friday 4:30pm - 6:00pm

Saturday 6:00am - 8:30am

Summary of Fees

- \$300.00 Annual Registration Fee
- \$255.00 per month (9 months)
- USA Swimming Membership is required - \$88.00 annually.

Monthly dues are billed the nine months of September to May. June and July are free for year round members. We offer additional special programs in August. Meet entry fees are not included. \$200 annual fee discount for 2nd child in Cat 2 or above, no annual fee for 3rd +.

Initial Performance Requirement

- Swim 10 x 100 freestyle on a 1:20 interval
- Swim 5 x 200 IM on a 3:00 interval

Attendance Expectations

- Athletes are *recommended* to attend every practice.

Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience, Receiving Feedback, Time Management and Prioritization
- **Learn:** Team Leadership, Self-Determination

Group Goals

- **Collegiate Swimming Opportunity:** Our goal is that all swimmers invited to Senior 2 who fulfill attendance expectations with a strong effort will have the opportunity to swim in college. Those opportunities will vary based on swimming and academic achievements and career interests among the athletes and will likely include Divisions 1, 2, and 3 opportunities.
- **Technical Mastery:** Understand and emulate the technical habits of the worlds' best swimmers through regular advanced individual coaching and instruction. Confidently thrive in the application of advanced skills under the pressure of rigorous training and competition.
- **Fitness:** Push aerobic and anaerobic fitness to an elite level while building strength and endurance. Set fitness goals as well as competition goals.
- **Competition Skills:** Apply a mentality of absolute precision to the development and execution of race details. Set differentiated goals for seasonal meets and championship meets. Many goals will be about attaining specific cuts and opportunities to compete at elite sectional and national levels. Become familiar with each others' goals, and provide real-time peer support and team leadership at meets. Become the architects, owners, and enthusiastic advocates of a healthy, supportive, and exciting competitive team environment.