

GOLD GROUP -

This level is for swimmers, typically between the ages 10-13, that are interested in developing the stroke techniques and endurance training necessary to grow into an outstanding national and collegiate level swimmer. This level will focus on stroke mechanics and a better understanding of nutritional and psychological concepts that will help them enjoy the sport of swimming.

Swimmers in this group will be expected to attend all the meets on the Gold Group meet schedule.

The Gold Group will practice 4 nights a week. Attendance at all workouts is highly recommended for optimal improvement. Any swimmer wishing to advance to the Black Group must attend 4 practices a week consistently.

To be placed in this group, swimmers must be able to complete the following -

- o 10x100 Free on 1:50
- o 1x500 Free with proper turns and streamlines
- o 1x200 IM with legal strokes and turns

All swimmers are required to be USA swimming registered.