

SwimStrong Practice Groups

This policy was developed with the thought of balancing our team with age and ability taken into consideration. These are guidelines. The HEAD COACH has final decision in determining the group placement of your child. If there are any questions concerning placement, please contact your coach.

Groups are structured in the following way:

- *Times considered include official USA swimming times & times from the SSL championship.*
- *Swimmers will only be moved up to the next group at the beginning of a session or when space is available and time is appropriate.*

Senior: This group consists of high school or college swimmers. This group practices 13.5 hours each week during the long course season. To be in this group a swimmer must:

- Be in high school or beginning high school in the fall
- Commit to participate in home swim meet and Freedlander meet in July
- Commit to attend 4 of 5 practices each week

Age Group Elite: This group consists mostly of swimmers between the age of 10 and 14. This group practices 10 hours per week during the long course season. To be in this group a swimmer must:

- Be age 13 or older
 - Or be age 10, 11, or 12 and have achieved at least one 11-12 age group NAG (National Age Group) 'BB' time
- Commit to participate in home swim meet and Freedlander meet in July
- Commit to attend 4 of 5 practices each week

Age Group Performance: This group consists mostly of swimmers between the ages of 9 and 13. This group practices 7.5 hours per week during the long course season. To be in this group a swimmer must:

- Be age 11 or older
 - Or be age 9 or 10 and have achieved at least one 10 & under age group NAG (National Age Group) 'BB' time
- Commit to participate in home swim meet and Freedlander meet in July
- Commit to attend 4 of 5 practices each week

Age Group Development: This group is an introductory competitive program for novice swimmers ages 10 and under interested in swimming year round. Emphasis is placed on teaching the fundamentals of competitive swimming. This group practices 5 hours per week. To be in this group a swimmer must:

- Be age 10 or younger
- Be able to swim freestyle and backstroke
- Commit to participate in home swim meet and Freedlander meet in July
- Commit to attend 4 of 5 practices each week

SSL Boost: This group is an introductory program for swimmers ages 13 and under who want more than a recreational program can offer but are not prepared to commit to 5 days each week. Emphasis is placed on teaching the fundamentals of competitive swimming and conditioning. This group practices twice per week for 1.5 hours each day. To be in this group a swimmer must:

- Be going into 8th grade in the fall or younger
- Commit to participate in home swim meet and Freedlander meet in July
- Commit to attend 2 of 2 practices each week