

## Training Group descriptions & Requirements

### 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.

Category 4 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. Category 4 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. Category 4 is also open to middle schoolers who have previously graduated from Category 3. Category 4 will not have an attendance requirement.

Category 5 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. Category 5 will expose swimmers to the regimens and challenges of elite athletes, and corresponding attendance and performance requirements.

The Surge Group is a bridge to Category 5. It will accommodate a variety of ages and is open to athletes previously in categories 2-4 who meet the performance requirements. Surge Group athletes have decided they would like to increase their commitment to the sport with the intention of becoming a Category 5 athlete. Attendance and performance requirements are introduced for the first time in this group as its members are taking an initial step towards a commitment to elite swimming.

### Notes on Surge and Category 5 Attendance Requirements

A commitment to reach individual swimming potential is unavoidably large. It inevitably requires sacrifice. The theme of our approach is to be very honest about what sacrifices are necessary, and to be very careful not to impose any sacrifices that are not. The product of this mentality is an attendance and performance policy that is strict but flexible.

- *Strict:* Attendance requirements will be strictly enforced. Athletes will have the opportunity to change groups every trimester (September, January, and May). Surge and Category 5 athletes not meeting the attendance requirements will be asked to move to Category 3, 4, or Surge for the following trimester. Like all other athletes in Category 3 or 4, those swimmers will have the opportunity to re-join Surge or Category 5 if they can meet the requirements in the future.

- *Flexible:* We encourage even our Surge and Category 5 athletes to pursue other sports, interests, or activities. We don't want their swimming commitment to compromise those opportunities unless it is absolutely necessary. If an athlete has a scheduling conflict that prevents them from meeting the attendance requirement, they will be allowed to make up workouts with other groups. We will work with each athlete to determine what is appropriate, but usually even a weekly conflict will be accommodated.
- *Flexible:* We encourage families to plan vacations during team breaks in the spring and end of summer, but we recognize many families have additional travel ambitions and obligations. Surge and Category 5 athletes will be excused from 1 additional week of training per trimester for travel. We will provide workouts and encourage them to train while away. Athletes will also be excused to travel beyond this accommodation, but will be required to train and communicate their progress while they are away.

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 - 5:30pm

Tuesday 4:30pm - 5:30pm

Wednesday 4:30pm - 5:30pm

Thursday 4:30pm - 5:30pm

\*Athletes may attend up to all 4 workouts per week for the summer of 2023

### Summary of Fees

- \$450.00 Annual Family Membership Fee
- \$125.00 per month (9 months)
- \$78.00 Annual USA Swimming Membership

*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.*

### Initial Performance Requirement

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

### Attendance Expectations

- 3 practices per week plus 2 Kickstarts per month are **recommended**. Kickstarts are 1:1 technical lessons with a coach.

### 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 Brian Pursley

### 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 - 6:00pm

Tuesday 4:30pm - 6:00pm

Thursday 4:30pm - 6:00pm

Friday 4:30pm - 6:00pm

Saturday 6:30am - 8:00am

### Summary of Fees

- \$450.00 Annual Family Membership Fee
  - \$175.00 per month (9 months)
  - \$78.00 Annual USA Swimming Membership
- 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.*

### 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 Jordan Kuper

### 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 6:00pm - 7:30pm

Tuesday 6:00pm - 7:30pm

Wednesday 4:30pm - 6:00pm

Thursday 6:00pm - 7:30pm

Friday 4:30pm - 6:00pm

Saturday 6:30am - 8:00am

### Summary of Fees

- \$450.00 Annual Family Membership Fee
- \$200.00 per month (9 months)
- \$78.00 Annual USA Swimming Membership

*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.*

### 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.

## Category 4 Grades 9-12 / Primary Coach Jordan Kuper

### Group Description

Category 4 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 Category 4 swimmer. Grade range is 9th-12th grades. Category 4 is also open to middle schoolers who have previously graduated from Category 3.

### Practice Schedule

Monday 6:00pm - 7:30pm

Tuesday 6:00pm - 7:30pm

Wednesday 6:00am - 8:00am, 6:00pm - 7:30pm

Thursday 6:00pm - 7:30pm

Friday 6:00pm - 7:30pm

Saturday 8:00am - 9:30am

### Summary of Fees

- \$450.00 Annual Family Membership Fee
- \$215.00 per month (9 months)
- \$78.00 Annual USA Swimming Membership

*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.*

### 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 Category 4 swimmer will have individualized technique coaching tailored to their goals, sometimes specializing for high school competition.
- **Fitness:** Category 4 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.

## Surge Group Grades 6-12 / Primary Coach Brian Pursley

### Group Description

The Surge Group is elite preparation for Category 5 Swimming. Swimmers should join the Surge Group if they want to commit to swimming as their top extra-curricular priority including a commitment to five water workouts and three dryland workouts per week. The Surge Group will be introduced to the training and performance skills and habits of the world's most elite swimmers. They will be pushed beyond their limits daily, and will learn to train and compete at the outside edges of their potential. This mixed-age training group will consist of swimmers in middle and high school who are determined to make the commitment to an elite swimming track.

### Practice Schedule

Monday 6:00am - 8:00am, 7:00pm - 8:30 pm (Dryland)

Tuesday 6:00am - 8:00am, 7:00pm - 8:30 pm (Dryland)

Wednesday 6:00pm - 7:30pm

Thursday 6:00am - 8:00am, 7:00pm - 8:30 pm (Dryland)

Friday 6:00am - 8:00am, 6:00pm - 7:30pm (Makeup)

Saturday 6:30am - 9:30am

### Summary of Fees

- \$450.00 Annual Family Membership Fee
- \$235.00 per month (9 months)
- \$78.00 Annual USA Swimming Membership

*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.*

### Initial Performance Requirement

- Swim 10 x 100 freestyle on a 1:30 interval
- Swim 5 x 200 IM on a 3:20 interval

### Attendance Expectations

- 5 swim practices per week are **required**
- 3 Dryland practices per week are **required**

### Character Traits

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

### Group Goals

- **Technical Mastery:** Build towards the technical habits of the worlds' best swimmers through focused individual coaching and instruction and the application of advanced skills under the pressure of rigorous training and competition.
- **Fitness:** The Surge Group will push their aerobic and anaerobic fitness to a pre-elite level while building strength and endurance. They will set fitness goals as well as competition goals.
- **Competition Skills:** The Surge Group will continue their Category 3 focus of setting and tracking goals for the pace, and race strategy execution. Become familiar with each others' goals and provide real-time peer support at meets. Learn to take on a leadership role in fostering a healthy, supportive, and exciting competitive team environment.

## Category 5 - Grades 8-12 / Primary Coaches Jordan Kuper & Brian Pursley

### Group Description

Category 5 is elite preparation for college swimming for athletes who have made swimming their top priority and are committed to training up to 10 times per week. Category 5 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 6:00am - 8:00am, 7:00pm - 8:30 pm (Dryland)

Tuesday 6:00am - 8:00am, 7:00pm - 8:30 pm (Dryland)

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

Thursday 6:00am - 8:00am, 7:00pm - 8:30 pm (Dryland)

Friday 6:00am - 8:00am

Saturday 6:30am - 9:30am

### Summary of Fees

- \$450.00 Annual Family Membership Fee
- \$250.00 per month (9 months)
- \$78.00 Annual USA Swimming Membership

*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.*

### 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. 90% attendance is **required**

### 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 Category 5 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, the goals of every Surge Group athlete, 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.