

Practice Groups (2019-2020)

www.unclesamswimteam.com

About our Group Levels:

Our program offers competitive swimming to all ages and skill levels. Typical ages are from 5-19. The groups levels start with our Red Group (9 and under) and ends with our Regional Group (*Time standards required). Moving swimmers up through the groups is the sole responsibility of the coaching staff. We are proud to have several experience coaches running each group.

Red Group (3 x a week 60 minutes)

This is our 9 and under competitive swimming group. It is designed to the new or younger swimmers entering the swim team. The group focuses on stroke development, starts and turns.

White group 1 (4 x a week for 75 minutes)

In the white group, swimmers continue to work on stroke technique and training concepts. We work on developing of all 4 strokes so that we can complete in the Individual Medley event as well as longer distance events.

White group 2 (4 x a week for 90 minutes)

In the white group, swimmers continue to develop skills learned previously with more attention put on training concepts, clock watching, interval and swimming technical and competitive swimming.

Blue Group 1 (4 x a week for 90 minutes, 1 x week for 120 minutes)

This is group continues to build on concepts learned in White group in addition to more interval based training, underwater kicking and other important concepts in competitive swimming.

Blue Group 2 (5 x a week for 90 minutes, 1 x week for 150 minutes)

This is group continues to build on concepts learned in all previous groups along with develop of race strategies, interval test sets and other forms of competitive swimming.

Regional Group * (3 x a week for 60 minutes, 2 x week for 30 minutes and other activities as needed per coaching staff)

This group is based on qualifying time standards that are based on age and USA Swimming Standards. We continue to evaluate this group and its concepts. This group will attend multiple Regional event outside our home area. This group does have an attendance and effort requirement that is assessed regularly during the season (The goal is 80% monthly; it will be evaluated during the season.)

*This group meet's in addition to other group practice plans (White2, Blue1, Blue 2 are eligible)

PRACTICE SCHEDULE

	RED	White 1	White 2	Blue 1	Blue 2	Regional
Monday	6-7pm	6-715pm	6-730pm	7pm-830pm	7pm-830pm	630-7pm
Tuesday	OFF	6-715pm	6-730pm	OFF	6-730 pm	730-830p
Wednesday	630p-730p	OFF	6-730pm	6-730 pm	6-730 pm	730-830p
Thursday	OFF	6-715pm	OFF	6-730 pm	6-730 pm	730-830p
Friday	6-7pm	6-715pm	6-730pm	6-730 pm	6-730 pm	off
Saturday	OFF	OFF	9-1030am	9-11am	9-1130am	1130-12p