

## **Blue Group**

Most new team members will be placed into this entry level swim team group. The Blue Group works on developing strong stroke technique and proficiency in all four strokes, especially freestyle and backstroke. The key to swimming at this level is to have FUN! We want our swimmers to enjoy the sport and to stay in it. The Blue Group incorporates drills into practices to help improve stroke technique and endurance while still being fun. Most Blue Group swimmers have never competed before, so they will learn the basics of swim competition, such as how to start and finish races, what "heats" are, and most importantly, how to be a good sport! Blue Group swimmers should attend both Tuesday and Thursday practices and are eligible to compete in all on island meets and select off-island meets.

## **Yellow Group**

Recommended age: 7-8 and up

The next level on the team is the Yellow Group. This group has mastered the skills presented in the Blue Group but may not be ready for the distance and intensity of the Gold Group workouts. At this level, swimmers are expected to be able to swim all four strokes as needed for competition. They should be able to swim all four strokes for a distance of at least 50 meters and should be able to complete a 200 meter swim continuously. They will continue to refine their stroke technique, build endurance, and learn training etiquette. The Yellow Group meets three times per week, on Monday, Wednesday, and Friday. Swimmers should be prepared to attend all three practices. As with the Blue Group, Yellow Group swimmers are encouraged to compete in all on island and select off-island meets.

## **Gold Group**

Recommended age: 10 and up

Swim Set Prerequisite: 8 x 100 freestyle on 2:10

In the Gold Group, swimmers begin to take a more focused approach to swimming. These team members have built up their endurance and can not only swim 100 meters of all four strokes legally, but should also be able to complete at least a 400 meter swim without stopping. The coach will make the determination if a swimmer is ready to join the Gold Group. This group will learn specific aspects of competitive swimming, focusing on, in addition to stroke technique, improving starts, turns, transitions, and finishes. The Gold Group practices Monday-Friday, with an optional Saturday practice. Gold Group members will compete in all on island meets and many of the off-island meets. Placement into the Gold Group is based on maturity, ability, and the coach's discretion.

## **Senior Group**

Recommended age: 13 and up

Swim Set Prerequisite: 15 x 100 freestyle on 1:45 & complete a 400 meter IM legally

The Senior Group is for swimmers who are ready to commit more to practice and competition. They demonstrated the skill level and commitment necessary to compete against top swimmers in the Caribbean. Senior Group members must attend a minimum of five practices per week, but preferably as many of the eight offered practice times as possible. Practices are offered Monday-Friday afternoons, as well as Tuesday, Thursday, and Saturday mornings. Morning sessions are not counted as a substitute for afternoon practices, as they will focus on different things in each practice. Swimmers will attend all on island meets and may travel to most off-island meets. Placement into the Senior Group is based on maturity, ability, and the coach's discretion.