

Practice Groups (2018-2019)

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 45 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.

Advanced Red Group (3 x a week for 60 minutes)

This new group will utilize extra practice time to work on concepts with the moving up process of these swimmers to the White group.

White group (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.

Advanced White Group (4 x a week for 75 minutes + Wed/Fri with Blue + additional practice time daily)

This new group will utilize extra practice time to build more concepts with the moving up process of these swimmers to the Blue group.

Blue Group (5 x a week for 90 minutes, 1 x week for 60 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.

Regional Group * (4 x a week for 120 minutes, 1 x week for 60 minutes and 1 x 150 minutes)

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 a Regional event outside our home area. This group does have an attendance and effort requirement that is assessed regularly during the season.

PRACTICE SCHEDULE

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-645		RED	RED	RED			OFF
6-7		ADV-RED	ADV-RED	ADV-RED		9-1030AM	OFF
6-715	WHITE	WHITE		WHITE		9-1030 AM	OFF
6-730	ADV-WHI	ADV-WHI	ADV-WHI	ADV-WHI	6-7 PM	9-1030 AM	OFF
630-8	BLUE	BLUE	BLUE	BLUE	6-7PM	9-11AM	OFF
630-830	REGIONAL	REGIONAL	REGIONAL	REGIONAL	6-7PM	9-1130 AM	OFF