

USRP Racers Age Group Levels and Standards

- **Itsy Bitsy Racers:** Shallow end. Beginning swimmers unable to complete a 25 yard swim unaided. Focus on getting comfortable kicking, short swims, beginning freestyle stroke work. Must be able to swim 10 yards unaided and receive instruction in a small group setting. General ages 3-6. 2 x per week. *Resumes in Spring 2021.*
- **Little Racers**
 - **Beginner Level:** Able to swim 25 yards unaided, must be able to breathe bilaterally. Primarily freestyle technique, kicking, and introduction to the other strokes. Heavy emphasis on techniques breaking down all four strokes into manageable segments. Introduction to diving. General ages 5-7. 3 x week @ \$60/month.
 - **Little Racers Advanced Level:** Swimmer must be able to swim 25 yards legally in 2 different strokes. Continued emphasis on technique, additional yardage and kicking. Diving and turns. Focus on learning drills and strokes, clock reading, ready position, proper breathing and flip turns. General ages 6-9. 3 x per week @ \$60/month.
- **Pre-Juniors:** Swimmers must be able to swim a 200 freestyle under 5 minutes and a 100 IM legally. Increased emphasis on conditioning, continued stroke development with the goal of getting ready to move to Junior Racers. General ages 7-12. 4 x per week @ \$70/month. Saturday practices available to Pre-Juniors.
- **Junior Racers (Promotion to Junior Racers requires a larger time commitment)**
 - **White Level:** Swimmers must be able to swim 500 freestyle under 10:00 and a legal 200 IM and know drills and clock awareness. Continued stroke development through stroke drills, introduction to race pace training, diving, turns, underwater breakouts, breath control. General ages 7-12. Unlimited number of practices available \$80/month.
 - **Silver Level:** Swimmers must be able to complete a 100 Butterfly, 100 Back, 100 Breast. Continued stroke development through stroke drills, introduction to race pace training, diving, turns, underwater breakouts, breath control. General ages 8-13. Unlimited number of practices available \$80/month.
 - **Purple Level:** Swimmers must be able to complete a 100 Butterfly, 100 Back, 100 Breast and have achieved at least one "B" time cut and an IMX score. Continued stroke development through stroke drills, race pace training, diving, turns, underwater breakouts, breath control. General ages 9-14. Unlimited number of practices available, \$80/month. Purple Level Racers are expected to compete in at least 6 meets per year.
- Saturday practices are available to Juniors and pre-juniors.