

Group: Core Objective	Practices/Week	Equipment	Practice Expectations	Meet Expectations	Notes
<p>SR Performance: to provide motivated National Level competitive swimmers the environment and opportunities to reach and compete at the highest levels of USA Swimming while preparing them for college swimming.</p>	<p>10 swim & up to 4 dryland (weight training may be available to SR Performance Swimmers)</p>	<p>Fins, Snorkels, Paddles, Tempo Trainers, Kick Boards, Pull Buoys, Tennis Balls</p>	<p>Required: Minimum 6 days/wk. It will be expected that SR Performance Swimmers will make choices that are consistent with their goals and the core objective of the practice group throughout the year.</p>	<p>All meets qualified for/asked to swim - year round</p>	<p>SR Performance is the responsibility of the Head Coach. Mornings/doubles available year round. 1 on 1 with Head Coach each week to review progress and/or work on any specific technique concerns. Detailed Race Analysis offered each meet (race video must be provided to coach). Additional video analysis will be available. Offered the most individualized training program possible.</p>
<p>SR Group: to provide motivated SR level competitive swimmers the environment and opportunities to reach and compete at the USA Swimming National Level (Speedo+) while preparing them for college swimming.</p>	<p>7 swim & up to 3 dryland</p>	<p>Fins, Snorkels, Paddles, Tempo Trainers, Kick Boards, Pull Buoys, Tennis Balls</p>	<p>Required: Minimum 5 days/wk. It will be expected that SR Group Swimmers will make choices that are consistent with their goals and the core objective of the practice group throughout the year.</p>	<p>All meets qualified for/asked to swim - year round</p>	<p>SR Group is the responsibility of the Head Coach. Mornings/doubles available June - August. 1 on 1 with Head Coach each month to review progress and/or work on specific technique concerns. Detailed Race Analysis offered at select meets (race video must be provided to coach). Additional video analysis will be available. Practices are more customized to meet the needs of the individual.</p>
<p>SR Prep: to provide motivated 13 & over competitive swimmers the environment and opportunities to reach and compete at the Niagara LSC Championship Level while preparing them for higher levels of senior swimming.</p>	<p>6 swim & *potential dryland</p>	<p>Fins, Snorkels, Paddles, Tempo Trainers, Kick Boards, Pull Buoys, Tennis Balls</p>	<p>To be successful within "SR Prep" a swimmer should attend at minimum 60% of practices per month. Swimmers may be removed from the SR Prep Roster if they fail to attend at least 50% of practices and/or are unable to keep pace with the groups training progression.</p>	<p>All meets qualified for/asked to swim - year round</p>	<p>SR Prep is the responsibility of the Head Coach. SR Prep practices will be written and overseen by the Head Coach, however they will often be lead by assistant SR Group Coaches. 1 on 1 time with Head Coach each season to review progress. *2 days dryland available to those SR Preps whose monthly practice attendance is 80%+. Practices are more generalized to fulfill the needs of the group.</p>

<p>Age Group Performance: to provide motivated 14 & under competitive swimmers the environment and opportunities to reach and compete within USA Swimming's National Level (Zone+) while preparing them for senior level swimming.</p>	<p>5 swim</p>	<p>Fins, Snorkels, Tennis Balls, Pull Buoys, Paddles, Kick Boards</p>	<p>Required: Minimum 7 days/2 weeks. It will be expected that Age Group Performance swimmers will make choices that are consistent with their goals and the core objective of the practice group throughout the year.</p>	<p>All meets qualified for/asked to swim - year round</p>	<p>Age Group Performance is the responsibility of the Head Age Group Coach. Additional video analysis will be available. Goal Setting will be done at a group level at the beginning of each season and will be also dealt with as a 1 on 1 with Head Age Group Coach. Offered the most individualized training program possible.</p>
<p>Age Group: to provide motivated 14 & Under competitive swimmers the environment and opportunities to reach and compete at the Niagara LSC Championship Level while preparing them for higher levels of swimming.</p>	<p>4 swim</p>	<p>Fins, Snorkels, Tennis Balls, Pull Buoys, Kick Boards</p>	<p>To be successful within "Age Group" swimmers should attend practice at least 6 days/ 2 weeks</p>	<p>All meets qualified for/asked to swim - year round</p>	<p>Age Group is the responsibility of the Head Age Group Coach. Goal Setting will be done at a group level at the beginning of each season. Video analysis will begin at this level. Practices are more customized to meet the needs of the individual.</p>
<p>Age Group Prep: to provide swimmers a more advanced foundation of stroke & skill development and an introduction to training.</p>	<p>3 swim</p>	<p>Fins, Snorkels, Tennis Balls, Kick Boards</p>	<p>To be successful within "Age Group Prep" swimmers should attend practice at least 5 days/ 2 weeks.</p>	<p>Coach will determine</p>	<p>Age Group Prep is the responsibility of the Head Age Group Coach. Practices will be written and overseen by the Head Age Group Coach, but often lead by assistant age group coaches. Practices are more generalized to meet the needs of the group.</p>
<p>Developmental: to provide new and less experienced swimmers an introduction to the sport of swimming and assist them in learning proper mechanics and race skills</p>	<p>2 swim</p>	<p>Fins, Snorkels, Tennis Balls, Kick Boards</p>	<p>To be successful within "Developmental" swimmers should attend practice at least 3 days/ 2 weeks.</p>	<p>Coach will determine</p>	<p>Developmental is the responsibility of the Head Age Group Coach. Practices will be written and overseen by Head Age Group Coach, but often lead by assistant age group coaches. Practices are highly instructional and focused on the fundamentals.</p>