

**SENIOR PERFORMANCE**

**SENIOR GROUP**

**SENIOR PREP**

**AGE GROUP PERFORMANCE**

**AGE GROUP**

**AGE GROUP PREP**

**DEVELOPMENTAL**

**LEARN-TO-SWIM**

<u>Practice Group</u>	<u>Practices Offered/Week (year-round)</u>	<u>***Entry Criteria Include</u>
Senior Performance	*10, 2-3 hour practices/week	USA SPEEDO CUT
Senior Group	**7, 2-3 hour practices/week	AA+ Time Standards Required. Minimum age: Girl 12//Boy 13
Senior Prep	6, 2 hour practices/week	Age range: Girl & Boy 13 - High School
Age Group Performance	5, 2 hour practices/week	Age range: Girl 10 - 14//Boy 11 - 14
Age Group	4, 1.5 hour practices/week	Age Range: Girl 8 - 14//Boy 9 - 14
Age Group Prep	3, 1 hour practices/week	Minimum age: Girl 7//Boy 8
Developmental	2, 1 hour practices/week	Ability to swim 25 yard FR & BK

*\*SR Performance Swimmers are offered 3-4 doubles/wk **year round** @ ECC*

*\*\*Senior Group Swimmers are offered 3-4 doubles/wk **between June - August only** @ ECC. Friday practice option @ ECC too.*

*\*\*\*All practice group entry criteria will be determined by the coaching staff and will include practice & meet*

*performance, the swimmers commitment, attitude, effort, as well as their maturity level and personal goals.*

*Additional criteria will not be documented and swimmers will be considered for promotion on an individual, case by case basis.*