

About Our Group Levels

Our program group levels offer competitive swimming to all ages and skill levels, from the age of 5 to 19. The Group Levels are a step by step progression through the program. It begins with the Developmental program and ends with the Senior group. Moving swimmers up through the levels is the sole responsibility of the coaching staff. We are very proud to have specific experienced Coaches running each group (See coaches bios on www.baylorswimming.org)

Developmental Program

Our developmental program is the beginning level of our program, and it runs in eight week sessions. This is the level in which we hope to create a lifelong love of the sport of swimming. The swimmers in this group are exposed to the four competitive strokes and learning proper technique. They are also introduced to USA Swim meets. Within the developmental program there are three groups – red, white, and grey. Parents select from the two practices or three practices a week option, and the coaches assign the swimmers to the appropriate group. **Entrance Criteria:** To enter the developmental program, a swimmer must be able to swim 25 yards of freestyle with rhythmic breathing and 25 yards of backstroke. Swimming lessons are available for swimmers not able to meet this criteria.

Red

This is the introductory group in our competitive swimming program. It is designed for the new or younger swimmers entering the swim team arena. This group focuses on stroke development and starts.

White

In the white group, swimmers will continue to work on stroke technique and proper starts. This level adds the turns used in competitive swimming including the free and backstroke turns. Some cardio training is begun as the season progresses.

Grey

The grey group is the top developmental group. Start, turn, and stroke techniques are still emphasized. Aerobic training is increased along with the teaching of racing strategies. This group prepares the swimmer for entry into the age group program.

Age Group

At this time swimmers are introduced to the basic training environment. The focus is on technique while introducing race strategy and basic interval training. The continuing improvement on stroke technique, starts, and turns are a focus every single day in practice. Dry land includes basic calisthenics and flexibility. Swimmers are encouraged to attend 3-4 practices a week. **Entrance Criteria:** 1) Must attend practice a minimum 2-3 times per week, understanding that the AG swimmer may still be participating in other sports; 2) Can swim a legal 100 IM, and all four strokes legally; 3) Successfully swim a set 500-800 yards in length holding proper streamlines, stroke technique, and breathing patterns (Kick Set Minimum: 8x50 Free kick on 1:30; Swim Set Minimum: AG -8 x 100 Free @ 1:50-2:20, 100IM and 200 Free should be staple events to train)

Junior

This is the final step your child will take in Age Group swimming. Swimmers will need to focus on conditioning and training consistently. At this level refining technique is the number one priority while endurance training is introduced into the program. Dry land training consists of flexibility exercises and calisthenics. Classroom seminars on stroke technique are offered. This higher level of training prepares Junior swimmers for the transition to the Senior program. Swimmers in this group are must attend a minimum of 4-5 practices each week. Swimmers in this group are expected to remain through the long course season. **Entrance Criteria:** 1) Must attend practice a minimum of 4-5 times per week, understanding that a Junior swimmer may still be participating in other sports; 2) "BB" 11-14 swimmer or close (can make within the season) 3) Must swim year round September - July 4) Can train on slowest intervals listed for Junior group; (Kick Set Minimum: 5x100 Free kick @ 2:10; 8x50 Free kick on 1:10; Swim Set Minimum: 7x100 Free @ 1:40-1:50; 7x100 IM @ 1:40-2:00.

Senior 2

This group is made up of high school students, grades 9-12 that do not attend the Baylor School. They focus on training for the highest level of United States Swimming competition. Skill development, speed and endurance training as well as strength training through dry land exercises are all a part of the practice plan for this group. Nine Practices a week are offered. Swimmers in this group must attend a minimum of 4-5 practices each week. **Entrance Criteria:** 1) Has achieved a 14 year old "A" time in at least two different strokes; 2) Has the ability to swim 5 x 200 free on 2:40 (on 2:50 meters); 3) Has the ability to kick 10 x 100 free on 2:00- short course; 3) Has the ability to swim 5 x 200 IM on 4:00- short course.

Senior / Varsity

This group is made up of Baylor School students, grades 9-12. They focus on training for the highest level of United States Swimming competition. Skill development, speed and endurance training as well as strength training through dry land exercises are all a part of the practice plan for this group. Nine Practices a week are offered. The coaching staff will communicate to the individual swimmer as to how many practices they should attend, and 100% practice attendance is expected.