

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. Beginning with the Red Group and ending 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. This is the level in which we hope to create a life long love of the sport of swimming. The swimmers in this group are exposed to the 4 competitive strokes and learning proper technique. They are also introduced to USA Swim meets. With in the developmental program there are 2 groups, red and silver.

Red

This is the introductory group for the first time swimmer. Stroke fundamentals and love of sport are emphasized. Swimmers in this group must be able to swim 25 yards unaided of freestyle and backstroke. Swimmers may attend a 2 day or 3 day a week group and to participate in Baylor Swim Club hosted meets.

Silver

The silver group refines and builds upon fundamentals introduced in the red group while introducing more advanced drills and efficiency techniques as well as starts and turns. Swimmers are encouraged to attend 2-3 days per week and all local swim meets.

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.

Juniors

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.

Senior

This group's focus is 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 and weights. 9 Practices a week are offered. The coaching staff will communicate to the individual swimmer as to how many practices they should attend.

Senior 2

This group will practice during the same time frame as the Baylor Varsity team. Swimmers may only be a member of this group by invitation from the Head Coach. This group will be made up of non Baylor School swimmers. Members of this group for the 2010-2011 season will be notified prior to the August 31st registration date.

MS/HS Prep

This group is designed for middle school and high school students who want to continue to swim year round on a reduced level. Practices are offered on Tuesday, Wednesday and Thursday and include stroke technique and age appropriate dry land training for strengthening and conditioning.

Masters

The Baylor Swim Club conducts swim practices for adult swimmers. The group includes adults of all ages and abilities. Interests range from lap swimmers, to fitness swimmers, to tri-athletes, and competitive swimmers. Stroke correction, workouts, and drills are supervised. Practices are offered on Tuesdays, Wednesdays, and Thursdays from 6:30-7:30 PM