

## **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](http://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 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. **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. This group will participate in small developmental meets that are hosted at the Baylor School Natatorium throughout the year.

### **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. This group is encouraged to participate in club meets that are hosted at the Baylor School Natatorium throughout the year.

### **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.

### **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.

### **Senior**

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.

### **Upper School**

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.

*\*\*\*Please note: Developmental-Grey, Age Group, Junior, Senior & Upper School groups are encouraged to attend ALL competitions on the meet schedule that are offered for their particular group.*