

## Proposed Potomac Raider Group Descriptions:

### Age Group:

**Bronze:** (New Entry Level), 2-3 days per week, 45 min. (\$49/mo.)

This group will contain most of our above average 8&under swimmers and 10&under novice swimmers. Swimmers will enter this group with the ability to swim 25 yds backstroke, and 25 yds freestyle with proper breathing skills. Most of the practices will involve wave drills and drill progression of the 4 competitive strokes.

Before advancing to the Silver Squad, Bronze swimmers must know how to use the pace clock well enough to complete sets of 6 x 50 on any given interval of freestyle, backstroke, breaststroke, and a kick set. The swimmers will be able to do 10 minute swims for distance. Swimmers should know all legal turns and starts as well as streamlines. Bronze swimmers will learn how to stroke count. Swimmers will be counseled on Positive Self Talk and eliminate “can’t” and “have to” from their vocabulary. Swimmers will be introduced to competition and understand that it is ok to “fail”. The swimmer will be counseled on sportsmanship-like behavior. Competition will be encouraged to be a part of the regular schedule.

**Silver Group:** (Formerly “White” Group), 4-5 days per week, 60 min. (\$69/mo.)

This group will contain most of the top experienced 10&under and novice Middle School swimmers.

This group will do most of their main sets based on pace clocks. Freestyle sets will extend to 200’s, backstroke/breaststroke sets to 100’s, and butterfly sets to 50’s. Developing all 4 strokes continues to be a priority. The Silver swimmers will be introduced to goal setting principles and apply them in practice as well as meets. They will be able to do timed 1000 yd. test sets of freestyle. They will be introduced to training terms such as Aerobic and Anaerobic and understand the difference. Stroke refining will continue during warm-up and training sets. Periodic mini-clinics will be presented during regularly scheduled practice times as group needs are identified. Competitions are a part of their regular schedule.

**Gold Group:** (Formerly “Black” Group) 4-5 days per week, 75-90 min. (\$99/mo.)

This group will contain most of the top experienced Middle School swimmers and novice (or less experienced) High School swimmers.

This group will have the ability to perform 8 x 100 free x 1:50. This group should be able to perform 8 x 100 x 2:15 kick (any style). Developing all 4 strokes continues to be a priority as the IM events become regularly scheduled events in meets. They will be able to do a timed 1650 periodically during the season (in practice) and be able to tell the coach if they improved. Stroke refining will continue during warm-up and training sets. Periodic mini-clinics will be presented during regularly scheduled practice times as group needs are identified. They will understand what negative split means and how to descend sets. They will understand the importance of regular practice attendance and learn priority management and time management skills. They will understand the concept of self determination and that THEY control their own destiny. They will practice detailed goal setting exercises and apply the practice as they plan their competition calendar. They will learn race strategies from energy systems, race splits and stroke rates. Psychological skills (relaxation, image rehearsal, arousal control) are introduced.

Between the ages of 11-15, swimmers should start identifying activities that they have talent and desires in, and start streamlining their daily and weekly schedules to accommodate their priorities. Parents should understand that they are needed in this decision-making process.

**Seniors:** (Formerly “Silver” group), 6 days per week, 2 hours (\$129/mo.)

This group will contain most of the High School aged and above swimmers.

This group will be able to complete 15 x 100 Free x 1:30. A T30 test will be performed regularly and swimmers will be able to identify improvements. This group will be able to do advance sets of any stroke plus IM’s of 40 minutes or longer.

This group will produce as many Academic All-Americans as Athletic All-Americans due to the advanced understanding of priority and time management concepts. The Seniors squad has more opportunities than any other squad. Daily double workouts are expected for advanced athletes. However, since Potomac Raiders Swimming wants to have a place for any level of commitment, daily doubles are not required. Swimming is promoted at The Raiders as a lifetime health activity as well as a competitive pursuit.

The training in this group will still involve all 4 competitive strokes and encourage regular meet participation. The advanced swimmers will compete in every event at least once per season and know what their personal best times are within 2 tenths of a second. There may be advanced training lanes provided for distance swimmers and an additional coach on deck to accommodate a narrowing focus of development.

The swimmers in this group will be schooled in advance training concepts to assure that their application to training is specific and thereby reinforcing the concept that they control their own destiny.