

## Training Group descriptions & Requirements

### Overall Objectives of Our Group Structure

The intent of every iteration of our group structure is to provide a healthy, productive, exciting place for *all* athletes interested in swimming in the mountains. We're thrilled to unveil some key updates to our senior program (Surge, Cat 4, and Cat 5) that will make this season truly exceptional:

#### Categories 1-3

Athletes 8th grade and under will begin their careers in categories 1,2, and 3 where each will build a growing foundation of skill, fitness, and swimming acumen. Our recommended attendance for each group is based on the minimum commitment we believe will prepare most swimmers for the future opportunity to reach their potential as an athlete. While we will always encourage athletes to meet the attendance recommendations, there is no attendance requirement for membership in Categories 1-3.

In a departure from last season, Category 1 athletes will be allowed to attend any of the practices offered.

Meet attendance is also encouraged but flexible. For more detail, please take a look at our meet attendance philosophy [HERE](#).

#### Senior Group

We're excited to announce some major updates to our Senior Program for the upcoming season.

*Tailored Training Plans:* Embracing the uniqueness of each athlete, for the Winter of 2023 we're moving away from the traditional Surge, Category 4, and Category 5 group distinctions. Instead, we'll operate as a unified "Senior Group" while introducing highly individualized training plans that will be customized to align with your specific goals and aspirations.

*Your Goals, Your Plan:* Your participation, attendance, and performance will now be guided by the goals you set for yourself, rather than the group you belong to. This approach ensures that your training is directly in line with your ambitions, whether you're aiming to conquer personal bests, prepare to be your best in your high school season, or reach a new level of national competition.

*September Goal Meetings:* To kick off this exciting transition, we'll be conducting goal-setting meetings in September. During these sessions, we'll collaborate with you to establish your objectives for the season. This will serve as the foundation for crafting your personalized training plan.

*Unified Membership Dues:* Starting this season, we're streamlining our membership dues structure. Monthly senior dues will no longer be differentiated by category. Instead, the only differentiation will be based on access to the premium dryland program.

*Coaching:* We're delighted to announce that Coach Jordan and Coach Brian will be teaming up to lead all senior workouts. Their expertise and guidance will be instrumental in helping you achieve your goals.

*Flexibility Via Open Workouts:* All senior workouts are now open to every senior swimmer. With sessions to choose from each day, you are free to pick the sessions that best align with your schedule, training plan, and competitive aspirations.

*Attendance Expectations:* Attendance expectations will be individually tailored based on your goals. This approach ensures that your commitment to training is in harmony with your objectives.

Please See Detailed Group Descriptions Below

## Category 1 Grades K-6 / Primary Coach Brian Pursley

### Group Description

Category 1 is an introduction to competitive swimming, and spans a wide range of ability from beginners to athletes who are building proficiency in all four strokes and competing in 100 and 200 yard races. Two one-on-one lessons with a coach per month, called kickstarts, are included as a part of the learning process for Category 1 swimmers. Most swimmers in this group will be in the elementary grades: kindergarten through 5th grade. We do have some older swimmers up to age 13 who start out in this group.

### Practice Schedule

Monday **3:30pm - 4:30pm**

Tuesday **3:30pm - 4:30pm**

Wednesday **3:30pm - 4:30pm**

Friday **3:30pm - 4:30pm**

\*Athletes may attend any of the 4 workouts offered each week

### Summary of Fees

- \$100.00 Annual Registration Fee
- \$150.00 per month, billed 11 months September - July.
- USA Swimming Membership is required. A premium membership is available for \$88.00 or a Flex membership is available for \$38.00 for athletes age 12 and under competing in 2 meets or less per year.

### Initial Performance Requirement

- Swim or kick 25 yards unassisted

### Attendance Expectations

- 3 practices per week plus 2 Kickstarts per month are **recommended**. Kickstarts are 1:1 technical lessons with a coach.

### Character Traits

- **Learn:** Attention to Detail, Patience, Persistence, Gratitude

### Group Goals

- **Technical Mastery:** Introduction to swimming technique focused on proper body position in all four strokes and a cultivation of strong practice habits.
- **Fitness:** While the focus of this group is on learning technique, swimmers also learn the basics of intervals and pacing. As their technique improves, they are able to swim progressively more yards at a faster pace over the course of the summer.
- **Competition Skills:** Learn to compete in all four strokes while sustaining a consistent pace throughout races. Learn the fun in cheering for teammates. Some athletes and their families may choose to practice for several months before competing in Category 1.

## Category 2 Grades 2-8 / Primary Coach Jeff Cook

### Group Description

Category 2 athletes have a basic understanding of how to swim and are ready to begin learning how to train. They will focus on learning to apply their technical lessons with the added component of exercise intensity, achieving a strong baseline of aerobic fitness in the process. Most swimmers in this group will be in the upper elementary and middle grades: 2nd through 8th grade.

### Practice Schedule

Monday 4:30pm - 6:00pm

Tuesday 6:30pm - 7:30pm

Wednesday 4:30pm - 6:00pm

Thursday 6:30pm - 7:45pm

Friday 4:30pm - 6:00pm

Saturday 7:00am - 8:30am

### Summary of Fees

- \$300.00 Annual Registration Fee
- \$190.00 per month (9 months)
- USA Swimming Membership is required. A premium membership is available for \$88.00 or a Flex membership is available for \$38.00 for athletes age 12 and under competing in 2 meets or less per year.

*Monthly dues are billed the nine months of September to May. June and July are free for year round members. We offer additional special programs in August. Meet entry fees are not included. \$200 annual fee discount for 2nd child in Cat 2 or above, no annual fee for 3rd +.*

### Initial Performance Requirement

- Swim 10 x 50 freestyle on a 1:10 interval
- Swim 5 x 100 IM on a 3:00 interval

### Attendance Expectations

- 4 practices per week are **recommended**

### Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude
- **Learn:** Work Ethic, Peer Support

### Group Goals

- **Technical Mastery:** Learn the incredible importance of forming and practicing good habits. Learn to apply technical lessons to everyday training. Learn to respond and adapt to technical feedback whether given to the individual or the group. Continue to build an understanding of the skills that make swimmers faster.
- **Fitness:** Introduce the concept of aerobic fitness in both understanding and practice. Athletes will learn to read the pace clock, track pace, train on an interval, and maintain a sustained effort.. Research shows that swimmers who attain a baseline of swimming fitness by age 12 have an extraordinary advantage in high school and college swimming.
- **Competition Skills:** Set goals for multiple events and track their progress toward goals over the course of the swimming season. Learn to participate in a healthy, supportive, and exciting competitive team environment.

## Category 3 Grades 4-8 / Primary Coach Jordan Kuper

### Group Description

Category 3 athletes are ready to move from learning how to train to learning how to train beyond their limits (and therefore redefine their limits!) Swimmers can expect to routinely be presented with challenges and practice sets that they won't successfully complete the first time. At the same time, they will learn more advanced technical skills - particularly underwater skills. They will compete regularly, and learn to compete well whether rested or fatigued. Most swimmers in this group will be in the middle grades: 4th through 8th grade.

### Practice Schedule

Monday 6:00pm - 7:30pm

Tuesday 6:00pm - 7:30pm

Wednesday 4:30pm - 6:00pm

Thursday 6:30pm - 7:45pm

Friday 6:00pm - 7:30pm

Saturday 7:00am - 8:30am

### Summary of Fees

- \$300.00 Annual Registration Fee
- \$220.00 per month (9 months)
- USA Swimming Membership is required. A premium membership is available for \$88.00 or a Flex membership is available for \$38.00 for athletes age 12 and under competing in 2 meets or less per year.

*Monthly dues are billed the nine months of September to May. June and July are free for year round members. We offer additional special programs in August. Meet entry fees are not included. \$200 annual fee discount for 2nd child in Cat 2 or above, no annual fee for 3rd +.*

### Initial Performance Requirement

- Swim 10 x 100 freestyle on a 1:50 interval
- Swim 5 x 200 IM on a 4:15 interval

### Attendance Expectations

- 5 practices per week are **recommended**

### Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support
- **Learn:** Resilience

### Group Goals

- **Technical Mastery:** Dramatically improve underwater ability, starts, and turns. Learn that elite swimming power is derived from the hips to the shoulders in all four strokes. Reinforce the understanding that a skill is nothing until it becomes a habit.
- **Fitness:** Learn that breaking previous barriers is a part of the growing process. Learn to relish the challenge of making an interval, or maintaining a pace for the first time. Make a habit of building work capacity. Enhance aerobic and anaerobic fitness.
- **Competition Skills:** Build on goal-setting skills from Category 2. Appreciate the importance of race strategy and technical precision in competition. Learn to set and track goals for the pace and tempo of races. Learn to initiate a healthy, supportive, and exciting competitive team environment.

## Senior Group Grades 6-12 / Primary Coaches Jordan Kuper & Brian Pursley

### Group Description

The Senior Group is a flexible and supportive training and competition opportunity for high school students and advanced middle school students focused on a variety of goals and performance outcomes. Swimmers will be introduced to the training and performance skills and habits of the world's most elite swimmers. Individual goals and training plans will dictate the expectations of each athlete. Those wishing to pursue their true athletic potential will be pushed beyond their limits daily, and will learn to train and compete at the outside edges of their potential.

### Practice Schedule

MON 4:30pm - 6:30pm OR 6:30pm - 8:00pm, Dryland 7:00pm - 8:15pm

TUE 6:00am - 8:00am OR 4:30pm - 6:00pm, Dryland 7:00pm - 8:15pm

WED 6:00pm - 8:00pm

THUR 6:00am - 8:00am OR 5:00pm - 6:30pm, Dryland 7:00pm - 8:15pm

FRI 4:30pm - 6:30pm OR 6:30pm - 8:00pm

SAT Dryland 6:30am - 7:30am, 8:00am - 9:30am

### Summary of Fees

- \$300.00 Annual Registration Fee
- No Dryland - \$230.00 per month (9 months)  
With Dryland - \$255.00 per month (9 months)
- USA Swimming Membership is required - \$88.00 annually.

*Monthly dues are billed the nine months of September to May. June and July are free for year round members. We offer additional special programs in August. Meet entry fees are not included. \$200 annual fee discount for 2nd child in Cat 2 or above, no annual fee for 3rd +.*

### Initial Performance Requirement

- Swim 10 x 100 freestyle on a 1:50 interval
- Swim 5 x 200 IM on a 4:15 interval
- *Middle School Athletes Qualify by Invitation*

### Attendance Expectations

- Attendance expectations are individualized based on personal goals and performance objectives.

### Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience, Receiving Feedback, Time Management and Prioritization
- **Learn:** Team Leadership, Self-Determination

### Group Goals

- **Collegiate Swimming Opportunity:** Our goal is that all swimmers interested in swimming in college (and the corresponding commitment to the sport) will have the opportunity to pursue such a goal. Those opportunities will vary based on swimming and academic achievements and career interests among the athletes and will likely include Divisions 1, 2, and 3 opportunities.
- **Technical Mastery:** Understand and emulate the technical habits of the worlds' best swimmers through regular advanced individual coaching and instruction. Confidently thrive in the application of advanced skills under the pressure of rigorous training and competition.
- **Fitness:** Understand the opportunity to push aerobic and anaerobic fitness to an elite level while building strength and endurance. Set fitness goals as well as competition goals.
- **Competition Skills:** Apply a mentality of absolute precision to the development and execution of race details. Set differentiated goals for seasonal meets and championship meets. Many goals will be about attaining specific cuts and opportunities to compete at elite sectional and national levels. Become familiar with each others' goals and provide real-time peer support and team leadership at meets. Become the architects, owners, and enthusiastic advocates of a healthy, supportive, and exciting competitive team environment.