

## CONNETQUOT SWIM CLUB TRAINING GROUP STRUCTURE

**Senior Elite Red:** will train 6 days per week in 2 hour 15 minute sessions. The first 12 minutes will be dedicated to stretching and dry land training. This program will train the top athletes between the ages of 13-18. (With exception of those athletes who meet certain qualifying times). Entrance into this group will be based on age, performance and space availability. Those athletes ages 15 and over will have an automatic bid into this training group. Swimmers on this level will be expected to be mature, dedicated athletes. They will be required to attend top level meets as they qualify such as: Nationals, Sectionals, Senior Mets, and Zones. This group will consist of advanced swimmers and will offer challenging workouts.

Training Schedule - Monday through Friday 4:45p.m.- 7:00p.m. & Saturdays 6:00a.m.- 8:00a.m.

**Senior Elite Black:** will train 6 days per week in 2 hour 15 minute sessions. The first 12 minutes will be dedicated to stretching and dry land training. This program will train athletes between the ages of 11-14. Entrance into this group will be based on age, performance, and space availability. Swimmers on this level are expected to attend qualifying meets such as Zones, Junior Olympics and Silvers. This group will offer workouts that mirror those of Senior Elite Red, but will be modified to be commensurate with the ability of the group.

Training Schedule - Monday through Friday 4:45p.m - 7:00p.m. & Saturdays 6:00a.m - 8:00a.m.

**Junior Elite Gold:** will train 5 days per week in 2 hour sessions. The first 12 minutes will be dedicated to stretching and dry land training. This program will train athletes between the ages of 10-13. Entrance into this group will be based on age, performance and space availability. Swimmers on this level are expected to attend qualifying meets such as: Zones, Junior Olympics, Silvers and Age Groups

Training Schedule - Monday through Friday 4:45p.m - 6:45p.m.

**Junior Elite:** will train 5 days per week in 1 1/2 hour sessions. The first 10 minutes will be dedicated to stretching and dry land training. Entrance into this group will be based on age, performance, time standards and space availability. This group is designed for the younger athletes, ages 10 - 12 to recognize their training needs and maximize their potential. Swimmers on this level are expected to attend qualifying meets such as Zones, Junior Olympics, Silvers, and Age Groups.

Training Schedule - Monday through Friday 6:30p.m - 8:00p.m.

**Intermediate:** will train 5 days per week in 1 hour 15 minutes sessions. The first 8 minutes will be dedicated to stretching and dry land training. This group will train athletes ages 11 & under. Entrance into this group will be based on age, performance and space availability. This group is designed for the new and younger athletes to recognize their training needs, improve technique and maximize their potential. Swimmers on this level are expected to attend qualifying meets such as Silvers, Age Group and 8 & Under Championships.

Training Schedule - Monday through Friday 6:45p.m. - 8:00p.m.

**Sharks Red:** will train 3 days per week in 1 hour sessions. The first 8 minutes will be dedicated to stretching and dry land training. This group will train athletes ages 10 & under. Entrance into this group will be based on age, performance and space availability. This group is designed for new and younger athletes to recognize their needs, improve technique and maximize their potential. Swimmers on this level are expected to attend qualifying meets such as Age Groups and 8 & Under Championships.

Training Schedule – Monday, Wednesday & Friday 6:45p.m. - 7:45p.m.

**Sharks Black:** will train 3 days per week in 1 hour sessions. The first 8 minutes will be dedicated to stretching and dry land training. This group will train athletes ages 8 & under. This group is designed for the new and younger athlete to recognize their needs, improve their technique and maximize their potential. Swimmers on this level are expected to attend qualifying meets such as 8 & Under Championships.

Training Schedule – Tuesday, Thursday & Friday 6:45p.m. - 7:45p.m.

**Please Note** - All group information is used as a guideline. Any movement between groups will be based on an individual swimmers' ability, performance and the discretion of the Head Coach.