



## **JAWS**

### **Training Groups—Revised 2010**

**The final decision on group placement or advancement will be made at the discretion of the coaching staff.**

#### **DEVELOPMENTAL GROUP**

- Proper body position on front and back
- Proper streamline
- Establish good swimming fundamentals
- Proficient in free and back, able to swim a 50 in each stroke
- Able to swim 100 IM
- Teach dive, racing starts and turns
- Expected to attend home meets

#### **MAKO GROUP – NEW SWIMMERS**

- 500 points IM Ready (IMR)
- Proper head position and body line on all strokes
- Proper rhythmic breathing
- Proper technique in all strokes
- Perform turn basics, proper hand touch and basic start
- Introduce how to read the pace clock
- Introduce stroke drills, recognition of basic terminology and “competitive” goal-setting
- Expected to attend home meets, conference and 1 travel meet
- 2,000-3,000 yards maximum

#### **MAKO GROUP- CONSISTENT COMPETITORS**

- 1,000 points IM Ready (IMR)
- Reinforce and perfect all strokes

- Reinforce and perfect all stroke drills and recognition of terminology
- Learn and always perform proper racing turns and starts
- Expected attendance at meets designated for groups (6+ per 12 months)
- Able to race 50's in all strokes, 100 IM and 200 Free
- Able to read workouts and begin to work independently
- Perfect pace clock reading and interval training
- Introduction of test sets
- Begin to learn all best times in individual events
- Training Baselines: 8x100 Free on 2:00 or better, 4x100 IM on 2:30 or better
- Introduce long-term competitive goals, matched with necessary training goals/commitment (seasonal goal setting meetings with coaching staff)
- Begin to demonstrate knowledge of "that which you can control", visualization, and other mental strategies regarding competition
- Introduction and awareness to nutrition as a "dry-land" tool in swimming as well as in every-day life
- 3,000-4,000 yards maximum

#### **TIGER GROUP**

- 2,000 points in IM Xtreme (IMX)
- Reinforce and perfect all strokes, starts and turns
- Continue to perfect stroke drills and terminology
- Introduction of advanced stroke drills
- Introduce seasonal and year round training phases including dry-land(non-weights)
- Begin to learn and recognize how sets target and affect training zones and adaptations
- Able to read workout and work independently
- Know all times in all events
- Training Baselines: 10x100 on 1:45 or better, 4x200 IM (<30s rest)
- Improved matching of competitive goals with necessary training goals/commitment, and increased participation in seasonal goal setting meetings
- Reinforce and perfect knowledge and use of mental aspects of competition, as well as awareness of proper nutrition and its impact on training and competitive outcomes
- Expected attendance at meets designated for group (4-6 per season)
- Perfect pace clock reading, interval training and completion of test sets
- Able to race 100's in all strokes, 200 IM and 200 Free
- 4,000-5,000 + yards maximum

## **BULL/SENIOR GROUP**

- 3,000 points in IM Xtreme (IMX) and/or approval of head coach
- Reinforce the perfection of all strokes
- Perfect all stroke drills and mastery of advanced drills
- Continue seasonal training phases ( year around swimming)
- Double practices, dry-land (including weight training) on per child basis
- Know all times in all events
- Expected attendance at meets designated for group (specific to individual season plan)
- Perfect recognition of how sets target training zones and adaptations
- Increased awareness and adherence to proper nutrition and use of mental approaches to racing and race tactics
- Perfect matching of competitive goals with training goals and commitment level
- Begin to demonstrate ability to independently set goals, and increase communication with coaching staff to adjust training and competitive plans accordingly
- Able to race 200's in all strokes, 400 IM and 500 free
- 5,500-7,000 + yards per practice