



Training Group Descriptions

Tiny TOPS (Age 5-7)

Tiny TOPS is pre-competitive group for novice swimmers looking for a step up from swimming lessons. Swimmers will be introduced to all the basic skills of competitive swimming. Emphasis will be on fun and practices are offered 2 times per week for 45 minutes. Participants must be able to swim one pool length comfortably.

Red (Age 7-10)

The purpose of the Red group is to develop skills in all four strokes. Practices take place mainly through a means of drills and games. Workouts will primarily focus on skill development and building endurance in a fun atmosphere. Swimmers in the Red group are encouraged to participate in local swim meets. Swimmers must be able to swim one pool length of freestyle and backstroke before joining this group. Practices are offered 3 times per week.

Black (Age 11 & up)

The goals of the Black group is to develop skills in all four strokes for older beginning athletes. Practices take place mainly through a means of drills and games. Workouts will primarily focus on skill development and building endurance in a fun atmosphere. Swimmers in the Black group are encouraged to participate in local swim meets. Swimmers must be able to swim one pool length of freestyle and backstroke before joining this group. Practices are offered 3 times per week.

Bronze (Age 9 & up)

This program is an advanced group for this age that focuses on building endurance, body position and technique. The goal of the Bronze group is to further refine a swimmer's proficiency with the different strokes, starts, and turns. Practices are offered 4-5 times per week, and 3-4 practices per week are recommended.

Silver (Age 11 & up)

The goal at the Silver group of training is to improve swimmers' strokes during longer aerobic training sets and to continue the development of their skills. Swimmers will be encouraged to develop good practice habits, and will begin to learn some of the training concepts that will be used at higher levels of training. This program provides techniques to increase efficiency while gaining strength, speed and endurance. 5 practices per week are recommended.

Gold (Age 13 & up)

The Gold group is the highest level of training for TOPS swimmers before reaching the National team. A great deal of importance in the training of the Gold group is placed on enhancing skills and technique, as well as increasing the intensity of the training sessions. Members of this group also have increased expectations of consistent practice attendance and to demonstrate leadership to the other members of the team. 5 practices per week are recommended.

National (Age 13 & up)

Athletes in the National group are committed to serious training for the sport of swimming. Athletes must be 13 years or older and agree to a commitment to train year-round and are expected to attend all workouts. Training in the group is at a very high level, and each member is expected to contribute to the team's pursuit of excellence. Practice will be offered 6-9 times per week. Attendance expectations are 90% or above.