

## **Definition of Practice Levels.**

Presented here is a description of each practice level. On the first day of practice have your child come to the practice that you feel best suits his/her ability and age. Notice the slight overlap in the ages of each group. The coaches will make adjustments if necessary.

All swimmers are expected to come everyday to practice. The morning sessions should be attended everyday if possible. Only if the morning session cannot be attended should swimmers come to the afternoon workout Monday through Thursday. Friday afternoon practices will continue to be an all team pre meet warm-up. *Swimmers should come prepared with suits, goggles, cap (for those with long hair), sneakers, and appropriate attire for dry land exercise.*

**Gold Group:** This group will be composed of our younger swimmers ages 12 and under. This group will focus on teaching swimmers the four competitive strokes and refining stroke mechanics, starts and flip turns. Technique and legal stroke mechanics are the emphasis of this group.

**Blue Group:** This group will be composed of our older swimmers ages 11 and up. This group will engage in more serious workouts. Conditioning, more advanced technique and mental training will be a part of this group's practice. Swimmers will be encouraged to volunteer to help the Water Rats in Training Program.

### **After School Practice – May 26th to June 19th**

Blue Group – 4:30 to 6:00 pm.

Gold Group – 5:45 to 6:45 pm.

### **Summer Practices – June 22nd to July 31st**

#### **Morning**

Blue Group – 8:00 to 10:00 am.

Gold Group – 9:45 to 11:15 am.

#### **Afternoon**

Blue Group - 5:00 to 6:00 pm.

Gold Group – 5:45 to 6:30 pm.

### **Water Rats in Training – June 30th to July 25th**

Monday thru Thursday 11:15 to 11:45 am

Swimmers competing in the Cherry Bowl and/or Tri-County are expected to attend practice up to those events. All swimmers are invited to join in these practices.