

# LRST Group Definitions

## Bronze

Age: 10 and under

Bronze group is designed for developmental swimmers at the beginning of their swimming careers and is made up of primarily 8 and unders with a few 9 and 10 year olds. The goal of swimmers in this group is to develop proper stroke mechanics and keep swimmers excited about the sport. Swimmers are expected to attend three practices a week.

Goals:

- Proper stroke mechanics
- Basic development and understanding of starts and turns
- Basic understanding of swimming terms
- Basic understanding of yardages
- Ability to swim 50's of every stroke
- Preliminary understanding of reading the clock for sendoffs
- Understanding of USA swim meet protocol: Check-in, warm-ups, finding heat and lane, clerk of course, start procedure for race.

Parameters for advancement:

- Swimmer ages up to 9 and completes IMR program
- Advancement is based on coach's discretion

**Bronze group may be spilt into two subgroups during winter short course season and practice at different times. Swimmers' group is determined by ability.**

## Silver

Age: 9-12

Silver group is subdivided into three subgroups.

### Silver C

Silver C group is designed for age group swimmers still at the beginning stages of their swimming career and still require stroke development. Swimmers in this group are made up of primarily 9-10 year olds with some 11 year olds. The goals of this group are to further develop and refine stroke mechanics while being introduced to basic interval training. Swimmers are introduced to the pace clock and begin to learn how to use it. Swimmers also begin to do practices to build endurance and with racing in mind. Swimmers in this group are expected to attend at least three practices a week.

Goals:

- Further develop stroke mechanics
- Understanding of how a pace clock works
- Basic understanding of how interval training works

- Completion of IMR events
- Complete first 500 in a meet

Parameters for advancement:

- Completion of IMR program
- Minimal consistency of three days of practice a week
- Understanding of how a pace clock works and how intervals work
- Completes 500 free in at least one meet
- 11-12 year olds need to achieve one nag “B” time standard
- 10 and unders need to achieve four nag “B” time standards
- Advancement is based on coach’s discretion

### Silver B

Silver B group is designed for age group swimmers that are experienced in swimming and whose stroke mechanics have been developed. Swimmers in this group are more developed and have a greater dedication to the sport. Swimmers in this group range from 9-12. One of the primary goals is to still foster stroke development while primarily doing interval sendoff training. In this group swimmers start to learn how to properly race through training that involves knowing their times for various events and knowing how to take their heart rates. Swimmers in this group primarily go to Silver champs at the end of short course season. Swimmers in this group are required to attend at least three practices a week consistently, if the consistent three days a week commitment is not met, swimmers will be moved back in to Silver C.

Requirements:

- Three practices consistently attended every week
- 11-12 year old need to achieve at least one nag “B” time standard
- 10 and under swimmers need to achieve at least four “B” time standards
- Completion of IMR events
- Completes 500 at least once

Goals:

- Refine and perfect stroke mechanics
- Learn how to keep a proper pace in practice through interval training
- Complete IMX program
- Begin to compete in 200’s of the strokes
- Qualify for Silver champ

Parameters for advancement:

- Completion of IMX program
- Consistent practice attendance of at least four practices a week
- 11-12 year olds need to achieve at least four “BB” time standards
- 10 year olds need to achieve at least four “BB” and four “A” time standards
- Advancement is based on coach’s discretion

### Silver A

Silver A group is reserved for age group swimmers who have the highest dedication to swimming and have proven to be on the highest level of age group swimming. Swimmers in this group are

primarily 11-12 with a few 10 year olds. Swimmers in this group typically will attend Gold Champs and qualify for zones. Swimmers in this group are expected and required to attend at least four practices a week. Training in this group is of a higher intensity and the focus is placed on perfecting racing strategy and technique. Swimmers in this group will know all their times in all of their events as practices are typically based on these times. Stroke development is continued to be refined as the completion of the IMX program is a requirement for this group. Swimmers who do not make the four practices a week minimum will be moved down to silver B.

Requirements:

- Completion of IMX events
- Minimal consistency of four practices a week
- Achievement of four “BB” time standards for 11-12 year olds
- Achievement of four “BB” standards and four “A” standards for 10 year olds

Goals:

- Completion of IMX program
- Understanding of how to race longer distance events
- Qualification to Gold champs
- Qualification to zones
- Refine and perfect stroke mechanics

Parameters for advancement:

- Swimmer ages up to 13
- Advancement is based on coach’s discretion

**Gold**

Age: 13 and up

Gold group is the senior group of the team. Swimmers ages will range from 13 and older. Swimmers in this group are comprised primarily of high school swimmers and eighth graders with a few college swimmers. Swimmers in this group are expected to maintain five days a week of consistent practice. Occasionally doubles will be offered to this group. Swimmers in this group are of the highest ability on the team with much experience behind them. Swimmers in gold are divided into multiple sendoff lanes depending on what the day’s practice calls for. Training in this group is based around qualifying and preparing swimmers for state and national level meets.

Goals:

- Completion of IMX events
- Qualification to Gold Champs
- Qualification to Speedo Sectional Championships
- Qualification to Junior and Senior Nationals
- Qualification to States

**Advancement from one group to another takes place between seasons, the break between short and long course and the break between long and short course. Swimmer’s advancement is based on coach’s discretion.**