YMCA OF DELAWARE

SWIM TEAM TRAINING LEVELS

Academy | 5-12 years of age. Our Academy emphasis is on developing the fundamentals of the strokes, starts and turns. Swimmers must be able to swim 25-yards of freestyle and one other competitive stroke, unassisted. Swimmers in this level will be expected to be focus on instruction for 45-minutes.

Bronze | 6-12 years of age. Our Bronze level is designed for 12 & under swimmers who have expressed interest in taking on a greater commitment to Swim Team. Sportsmanship & Conditioning are emphasized and goal setting is introduced. Swimmers must be able to swim 50-yards of freestyle. In addition, swimmers must be able to swim one other competitive legal stroke while being reasonable proficient with two other legal strokes. Swimmers in this level will be expected to focus on instruction for 60-minutes.

Silver | 7-12 years of age. Our Silver level is designed for 12 & under swimmers who will be actively engaged in understanding all aspects of their training plans, including aerobic training, mental preparedness, and stroke refinement. Swimmers must be able to swim 100-yards of freestyle. In addition, swimmers must be able to swim three legal strokes while being reasonably proficient in the fourth legal stroke. Swimmers are expected to perform streamlines and flip turns consistently through practices and competitions. Swimmers in this level will be expected to focus on instruction for 90-minutes.

Gold | 9-14 years of age. Our Gold level is designed for 9 & over swimmers whose primary focus is to refine stroke mechanics and promote competition readiness. Swimmers will have the opportunity to engage in volunteer projects and strengthen community connections. Swimmers must be able to swim a legal 100 IM and a continuous 200-yard freestyle with flip turns. Swimmers in this group are expected to demonstrate the ability to train at a consistent level, predetermined by the head coach of the program. Swimmers in this level will be expected to focus on instruction for 90-minutes.

Platinum | 11-18 years of age. Our Platinum level is designed for 11 & over swimmers who will focus on stroke technique refinement, while highlighting the importance of general body strengthening. Competition readiness, including nutritional tips to optimize athlete performance will be made available to our Platinum level swimmers. Swimmers must be able to swim a legal 200 IM and continuous 500-yard freestyle as well. Swimmers in this level are expected to demonstrate the ability to train at a consistent level, predetermined by the head coach of the program. Swimmers in this level will be expected to focus on instruction for 120-minutes.

Junior National | 13-18 years of age. ***Invitation Group Only***. Our Junior National level is designed for 13 & over swimmers who will focus on race strategy, training intensity, stroke mechanic refinement, and social responsibility. Athletes will participate in the Togetherhood project and involvement in the swim team peer-peer mentoring program is highly encouraged. Swimmers must be fully committed to their swimming journey and their engagement in the team's philosophy and beyond. Swimmers in this level are expected to demonstrate the ability to train at a consistent level, predetermined by the head coach of the program. Swimmers in his level will be expected to focus on instruction for 120-minutes.

National | 14-18 years of age. ***Invitation Group Only.*** Our National level is designed for 14 & over swimmers who will create their own "Code of Conduct" and appropriate practice attendance requirements. National level swimmers will lead Togetherhood projects and direct involvement in the swim team peer-peer mentoring program is expected. Swimmers in this level have achieved 1 or more YMCA National cuts in the qualification period for the current season. Swimmers in this level are expected to demonstrate the ability to train at a consistent level, predetermined by the head coach of the program. Swimmers in this level will be expected to focus on instruction for 150-minutes.