



Practice Groups – An Introduction

Based on the current composition of our team, Renegade Aquatics would be categorized as an Age Group swim program. We are developing a core group of dedicated swimmers who will form the foundation of a Senior program, competing at upper level meets (CIF, Zones, Sectionals, etc), and this will be the next stepping stone in the progression of our program. We also offer a Novice program, where we introduce new swimmers to our sport.

It is our belief that swimmers are assigned to a group based on a combination of age and skill level development. A swimmer is expected to master the skills required of that level, demonstrate an understanding and commitment to the training expectations of the next level, and represent the team at swim meets. It is important to realize that placement in a training group is a coach's decision and that it can be subjective in nature. Always feel free to discuss any questions or concerns with your coach.

At each practice, our swimmers may be placed into one of three groups. Actual lane assignments may vary, depending on the number and level of swimmer attending on a given day. Here is a high level description of each group and the objectives and expected commitment for each group:

Group	Skill Objective	Training Objective	Commitment
Novice (Age Group)	<ul style="list-style-type: none"> Stroke Technique All four strokes 	<ul style="list-style-type: none"> Strong kicking Aerobic development Joy of the sport 	<ul style="list-style-type: none"> 2-3 sessions per week 60 min sessions
Intermediate (Junior)	<ul style="list-style-type: none"> Increased knowledge of strokes No specialization Develop athletic ability 	<ul style="list-style-type: none"> Aerobic endurance Competition Train for 200IM & 500 free 	<ul style="list-style-type: none"> 3-5 sessions per week 90 min sessions Year-round training
Advanced (Senior)	<ul style="list-style-type: none"> Refine technique Dryland conditioning Technical details of primary stroke(s) 	<ul style="list-style-type: none"> Distance based physiological training Aerobic emphasis, but train all energy levels Possible specialization 	<ul style="list-style-type: none"> 5-8 sessions per week 2 hr sessions Year-round Compete at highest level possible



Practice Groups: Training Expectations, Drill Progressions, and Skills Development

Put simply, the results that you achieve are directly related to the commitment and effort that one puts into their training (really, isn't this true of almost anything we do). The expectation that we have for our athletes, along with the support of our parents include:

Expectation	Novice	Intermediate	Advanced
Selection for Training Group	Try-out	Coaching Eval	Coaching Eval
Practices Per Week	2-3	3-5	5+
Length of Each Practice	60 mins	90 mins	120 mins
Swim Meet Participation	Encouraged	Expected	Required
Expected Distances to Compete in All Strokes	25's	50's	100's & 200's
Commitment Level	Minimal	Moderate	High

Please keep in mind that these are guidelines - to be used by the swimmers and parents as they progress in their training with our program. The coaches understand that all swimmers are different, and work to create the most beneficial training environment for all of our athletes.

Similarly, the understanding of how we train increases as you advance in our practice groups. Our coaches try to use the same terminology when teaching the various drills, which promotes a better overall understanding for the athletes. These are examples of the increased expectations for each of the training groups:

Practice / Drill	Novice	Intermediate	Advanced
Percentage of Each Session Focused on Drills	60-80%	40-60%	30-50%
Distance Swum While Performing Drills	12.5-25 yds	25-75 yds	25-100+ yds
Number of Repeats Within Drill Cycle	2-4	4-10	4-20
Understanding of Each Drill	Minimal	Expected	Required
Focus of Each Drill	Kick <i>or</i> Pull	Kick <i>and</i> Pull	Kick, Pull and Tempo

The following chart details a number of skills which must be nurtured in order to achieve success in our sport, and indicates the expected group level where the skills are introduced and/or expected to be part of the daily training routine:

Skill	Nov	Int	Adv
Proper bilateral breathing	◆	◆	◆
Streamline push from wall	◆	◆	◆
Understand lane etiquette	◆	◆	◆
Implement drills, all 4 strokes	◆	◆	◆
Proper turns	◆	◆	◆
Swim 25's of all 4 strokes	◆	◆	◆
Safe dives from start block	◆	◆	◆
Pace clock reading		◆	◆
Consistent breath pattern		◆	◆
Relay starts/exchanges		◆	◆
Use pull buoy properly		◆	◆

Skill	Nov	Int	Adv
Use pulling paddles		◆	◆
Proper distance for breakout		◆	◆
Proper u/w dolphin shooter		◆	◆
Dryland training		◆	◆
Swim 50's of all strokes		◆	◆
Complete all team 'test sets'		◆	◆
Adv training equip (snorkels)			◆
Hold predetermined pace			◆
Hypoxic swim sets			◆
Weight training			◆
Swim 100/200's, all strokes			◆