

# Training Group Descriptions

The Fairport Area Swim Team (FAST) practice groups are designed for all varying ages & ability levels. When the coaching staff selects groups for swimmers, various factors are considered to ensure proper placement: physical age, mental age, strength, maturity, level of commitment, behavior, and the treatment of others.

## Age Group Program

### *Developmental*

Designed for those new to the world of competitive swimming. Swimmers will work on developing the four (4) competitive strokes, racing skills, building endurance, and starts & turns in a fun environment with regular team-building activities implemented.

<b>Meet Expectations:</b>	N/A
<b>Attendance Expectations:</b>	2-3x practices per week
<b>Entrance Requirements:</b>	N/A

### *Blue*

Continued focus on aerobic & technique development of the four (4) competitive strokes and starts & turns—emphasis on beginning to work towards competing & excelling regularly.

**Meet Expectations:**  
1-2x meets per month, plus any Championship level meets they may qualify for.

**Attendance Expectations:**  
3-4x practices per week

**Entrance Requirements:**  
Legally complete USA Swimming's IMR series of events for a swimmer's respective age group **-or-** by coaches' invitation to the group.

### *Red*

Heavy focus on aerobic & technique development for those with a solid foundation in the four (4) competitive strokes. Geared towards those interested in more challenging workouts.

**Meet Expectations:**  
1-2x meets per month, plus any Championship level meets they may qualify for. Meets may involve overnight stays.

**Attendance Expectations:**  
3-4x practices per week

**Entrance Requirements:**  
Legally & proficiently complete USA Swimming's IMX series of events for a swimmer's respective age group **-or-** by coaches' invitation to the group.

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*\*It will be at the discretion of the Coaching Staff whether a swimmer is to advance from one group to another during the season. Each swimmer will be evaluated on an ongoing basis and placed in a group based on a variety of factors. Group changes will be communicated to the swimmer and their parents.*

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## Senior Program

### *Senior Prep*

For swimmers transitioning to the Senior program. Practices focus on aerobic & technique development, race strategy, and preparation for higher levels of competition, following a strategic season plan developed by the Senior coaching staff.

#### **Meet Expectations:**

1-2x meets per month, plus any Championship level meets they may qualify for. Meets may involve overnight stays.

#### **Attendance Expectations:**

4-5x practices per week

#### **Entrance Requirements:**

Legally & proficiently complete USA Swimming's IMX series of events for 13 & over swimmers **-or-** by coaches' invitation to the group.

### *Senior*

Senior athletes will continue to learn and be taught progressively and take ownership to put it all together to excel towards their career goals. They will achieve mastery of racing skills & strategy, character ownership, and strength development. They will also be exposed to various camp & champ experiences and performance preparation (nutrition, rest, recovery, and psychology). Athletes will use advanced training concepts & data analysis systems and be encouraged to achieve their goals & strive to qualify for meets such as Zones, Speedo Sectionals, Futures, Junior Nationals, Nationals, and Olympic Trials.

#### **Meet Expectations:**

1-2x meets per month, plus any Championship level meets they may qualify for. Meets may involve overnight stays.

#### **Attendance Expectations:**

5-6x practices per week

#### **Entrance Requirements:**

By coaches' invitation only.

#### **Additional Note:**

Members of the Senior group must maintain required practice attendance and expectations to join and to remain in the group. The Senior group requires a strong commitment from the family as well as the swimmer.

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