






## Swim Skills: Building Technique/Learning to Train

Age Group Division: *Light Blue, Dark Blue, White*

10-12 years

### Focus

During this stage young swimmers should learn how to train and develop the skills of a specific sport. There may be participation in complementary sports, i.e. those sports that use similar energy systems and movement patterns. They should also learn the basic technical/tactical skills and ancillary capacities, including:

-  Warm up and cool down
-  Stretching
-  Hydration and nutrition
-  Recovery
-  Relaxation and focusing

This stage coincides with peak motor coordination; therefore, there should be an emphasis on skill development. Training should also include the use of 'own body weight' exercises, and medicine ball and Swiss ball exercises as well as developing flexibility.

Although the focus is on training, competition is used to test and refine skills. **The recommended training-to-competition ratio is 75% to 25%.**

One of the main reasons athletes plateau during the later stages of their careers is because of an over emphasis on competition instead of optimizing training during this very important stage

If a young swimmer misses this stage of development then he/she will never reach his or her full potential.

## Light Blue

The Light Blue group is for athletes aged 10 – 12 who are new to the sport of swimming. Since these athletes are generally more physically mature than those in the Novice 1 group, these athletes can move through the curriculum at a more rapid pace.

Workouts are offered three days a week. It is recommended to come to at least two per week for regular improvement.



Practice duration is one hour



~45 minutes of practice time will be spent in the water








~15 minutes will be dedicated to dry-land exercises

There is no attendance requirement for this group, but athletes will improve more quickly and **make more friends (which will make them want to come more!)** the more often they attend workout.








## Competitions

Light Blue swimmers are expected to participate in the following meets:

-  October Intrasquad
-  November Invitational
-  December Intrasquad
-  January 29-30 ABC Open
-  C Finals
-  ABC Finals (if qualifying standards are met)

Please speak with your coach if you are interested in additional opportunities to compete.

## Goals of Light Blue Group

-  Swim 2x200 IM legally
-  Perform all turns and push-offs efficiently
-  Perform track start and backstroke start effectively
-  Athlete is motivated to listen to coaches and try to improve
-  Courteous to other swimmers in pool
-  Athletes know their attitude affects how they swim and how others around them swim
-  Develop consistent practice attendance

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	26	30	1	2
	3	4	5	6	7	8	9
Oct. 2010	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
Nov. 2010	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
Dec. 2010	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
Jan. 2011	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
Feb. 2011	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	1	2	3	4	5
Mar. 2011	12u/C Final	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2

## Dark Blue

Swimmers entering the Dark Blue group are usually at least 9 years old and must complete the 'Goals of the Novice 2/Light Blue Group' from above.

Workouts are offered four days a week. It is recommended to come to as many as possible for regular improvement.



Practice duration is 90 minutes



~ 60-75 minutes of practice time will be spent in the water










~15-30 minutes will be dedicated to dry-land exercises

Swimmers in the Dark Blue group must display commitment similar to the White group in order to move up to White group practice amounts

There is no attendance requirement for this group, but athletes will improve more quickly and **make more friends (which will make them want to come more!)** the more often they attend workout.

## Competitions

Dark Blue swimmers are expected to participate in the following meets:

-  October Intrasquad
-  November Invitational
-  December BC Open or A meet (if qualifying standards are met)
-  December Intrasquad
-  January 14-15 B+ Meet (if qualifying standards are met)
-  January 29-30 ABC Open
-  C Finals
-  ABC Finals (if qualifying standards are met)
-  State Championships (if qualifying standards are met)

Please speak with your coach if you are interested in additional opportunities to compete.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	29	30	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
Oct. 2010	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
Nov. 2010	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
Dec. 2010	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
Jan. 2011	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
Feb. 2011	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
Mar. 2011	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	1	2	3











### Goals of Dark Blue Group

- ④ Display intention of adhering to attendance requirement before moving into group
- ④ Racing history in every event available
- ④ Show willingness to learn
- ④ 15 x 50 @ 1:00
- ④ Under 7:30 in 500yd freestyle
- ④ Display ability to manage intervals
- ④ Achieve "A" time standards

## White

This program is intended for the age group swimmers that have goals of pursuing their swimming career as far as possible. The practice direction, structure and difficulty will be designed to meet that goal, years down the road.

Minimum age for entry into this group is 10 years old. Requirements to enter White Group

-  Display intention of adhering to attendance requirement before moving into group
-  Racing history in every event available
-  Show willingness to learn
-  15 x 50 @ 1:00
-  Under 7:30 in 500yd freestyle
-  Display ability to manage intervals
-  Basic understanding of heart rate monitoring
-  **Willingness to attend all required meets as well as the end of the season championship meets.**

White group practice is offered 6 times per week.



Practice duration is 2 hours



~75-105 minutes will be in the water



~15-45 minutes will be dedicated to dry-land exercises

**White group swimmers are expected to attend a minimum of four practices a week to remain in the group.** Special exceptions may be cleared with the White group coach on an absence-by-absence basis.

Ultimately, the White Group coach will have the final say in group appointments.

*The White group is the first group within the Minnetonka Swim Club program with an **attendance requirement.***



## Competitions

Competition at swim meets is required in this group.

White Group swimmers are expected to participate in the following meets:

- 🏊 October 9-10 Invitational
- 🏊 October 23-24 ABC Open
- 🏊 October Intrasquad
- 🏊 November Invitational
- 🏊 December 4-5 BC Open or December 11-12 A Meet (if qualifying standards are met)
- 🏊 December Intrasquad
- 🏊 January 14-16 B+ Meet (if qualifying standards are met) or January 21-23 Invitational
- 🏊 January 29-30 ABC Open
- 🏊 February 4-6 Schroeder A Meet (if qualifying standards are met)
- 🏊 February 19-20 Invitational
- 🏊 ABC Finals (if qualifying standards are met)
- 🏊 State Championships (if qualifying standards are met)

Please speak with your coach if you are interested in additional opportunities to compete.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	26	30	1	2
	3	4	5	6	7	8	9
Oct. 2010	10 Invitational	11	12	13	14	15	16 Invitational
	17	18	19	20	21	22	23 ABC Open
	24 ABC Open	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13 Invitational
Nov. 2010	14 Invitational	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4 B/C Open
Dec. 2010	5 B/C Open	6	7	8	9	10	11
	12 A Meet	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15 B+ Meet
	16 B+ Meet	17	18	19	20	21	22 B+ Meet
Jan. 2011	23 B+ Meet	24	25	26	27	28	29 ABC Open
	30 ABC Open	31	1	2	3	4 Schroeder A	5 Schroeder A
	6 Schroeder A	7	8	9	10	11	12
Feb. 2011	13 Schroeder A	14	15	16	17	18	19 Invitational
	20 Invitational	21	22	23	24	25	26 12u C Finals
	27 12u C Finals	28	1	2	3	4 AB/C Finals	5 AB/C Finals
	6 AB/C Finals	7	8	9	10	11 12u State	12 12u State
Mar. 2011	13 12u State	14	15	16	17	18 13+O State	19 13+O State
	20 13+O State	21	22	23	24	25 13+O State	26
	27	28	29	30	31	1	2

## Goals of the White Group

- 🏊 Achieve Minnesota State cuts, Midwestern Zone cuts, or USA Swimming top 16 times
- 🏊 Achieve Age Group time standards in every stroke and distance
- 🏊 Continue to develop goal setting skills
- 🏊 Improve proficiency in turns
- 🏊 Use underwater fly kicking as a tool in racing
- 🏊 Continue becoming more fluid in swimming (no splashing)
- 🏊 Begin to actively improve distance per stroke
- 🏊 Learn leadership skills