

RVSC ability group practice guidelines

AG1 swimmers are generally 6-10 year olds swimmers who know the basics of at least three of competitive strokes and can swim at least two of them legally. AG1 works on competitive stroke technique for all strokes, turns, transitions, and starts. They will learn the skills necessary to compete in the sport of swimming such as working with teammates, following directions and listening to the coaches, learning and smiling a lot! Clock reading, interval training & competitive readiness will be introduced. Generally up to three 1 hours swimming practices offered each week.

AG1 must meet the following criteria:

- Legally swim 25 yards of at least two of the competitive stroke without any stopping/assistance.
- Comfortable in deep water and in a group setting away from parents and/or caretakers
- Ability to dive from the edge of the pool
- Pre C or C times

AG2 swimmers are generally 7-12 year olds swimmers who know the basics of all four competitive strokes, starts, turns, & transitions. They will develop and improve all four strokes by learning and performing stroke-specific drills during practices. Racing strategies & techniques will be introduced. Interval training, stroke turns, starts, and competitive readiness will be emphasized. Generally up to three 1.25 hours swimming practices offered each week.

AG2 must meet the following criteria:

- Legally swim 25 yards of all four of the competitive stroke without any stopping/assistance.
- C times in at least 2 events, B time in one event, ability to handle a 2000-2500 yard practice
- Coaches recommendation

AG3 swimmers are generally 11 year olds & older swimmers. AG3 will improve all four strokes by learning and performing some advanced stroke specific drills during practices. They will also excel at the skills necessary to compete in the sport of swimming. Racing strategies and techniques will be routinely practiced and more advanced strategies, stroke drills, and tactics will be introduced. Ability level of a middle school competitive swimming athlete. Generally up to four 1.25 hour swimming practices offered each week

AG3 must meet the following criteria:

- Legally swim all four strokes, ability to perform starts, flip turns, transitions.
- B times in 2 different stroke events; one must be a 100 yard/meter event. C times in at least 3 other events.
- Ability to read and understand a workout with minimal instruction
- Ability to swim a 2500 - 3,000 yard practice
- Understand clock reading, interval training, equipment use, stroke drills, interval training, race pace training.
- Coaches recommendation

AG4 swimmers are generally 13 year olds & older swimmers who will train advanced skills and techniques in the 4 competitive strokes in shorter and longer distances. Race pace and & racing strategies will be regularly practiced. Advanced drills and training methods will be introduced and practiced. This level is designed to give the swimmer a positive and technically sound experience. Continuation of the enjoyment of the sport coupled with a physical conditioning designed to prepare & improve competitive skill and competitive times. Ability level of a High school junior varsity or JV2 swimmers. Generally up to two 1.75 hours and two 1.5 hours swimming practices offered each week (total of four practice opportunities per week)

AG4 must meet the following criteria:

- Legally swim all four strokes, ability to perform starts, flip turns, transitions. Understand advanced drills
- B times in 3 different stroke events; one must be a 100 yard/meter event. C times in other strokes/events
- Ability to swim a 3,000 - 4,000 yard practice
- Understand clock reading, interval training, equipment use, advanced drills.
- Ability to read and understand a workout as well as run own interval, with minimal instruction
- Understand clock reading, interval training, equipment use, stroke drills, race pace training, advanced drills.
- Coaches recommendation

AG5 generally 14 year olds & older swimmers committed to the sport of competitive swimming as one of his/her main sports & social structures. AG5 will excel at the skills necessary to compete in the sport of swimming. Advanced stroke techniques, drills, and racing strategies will be routinely practiced. This level is designed to give the committed swimmer a positive and technically sound competitive experience. AG5 has a more dedicated and determined conditioning program to compete at the advanced level. Generally up to two 1.75 hours and two 1.5 hours swimming practices offered each week (total of four practice opportunities per week)

AG5 must meet the following criteria:

- A or B times in 2 different stroke events; one must be a 100 yard/meter event
- Ability to swim a 4,000 - 5,000 yard practice