

Age Group 1

Purpose of the Group: Develop & Challenge

Target Age Group: 8-12 years old

Minimum Skills to Enter Group: Swimmers must be able to swim 25 yards of Freestyle and Backstroke to enter Age Group 1. A working knowledge of Breaststroke and Butterfly kicking is recommended, but not a requirement for entrance as these skills will be taught in Age Group 1.

Training Emphasis: 70% Technique Work/30% Training & Conditioning. Training will emphasize competing in the 50 stroke, 200 Freestyle, and the 100 Individual Medley events. Goal of training is to improve technique in each stroke, starts, turns, finishes, and introduce training concepts necessary for success in Age Group 2 and beyond.

Training Attendance: There are 5 one and a half hour practices available each week. Coaches recommend attendance at least three times per week to develop their skills.

Meet Attendance: Age Group 1 swimmers will attend at least ONE session of competition scheduled every month available. Coaches recommend attendance in as many sessions throughout the year as possible to help develop confidence and racing skills in competition settings. Event selection will be coach driven and athletes are placed into events that are most appropriate based on training attendance and stroke development.

Target Meets: Athletes in Age Group 1 will begin working toward qualification to the IN Swimming Divisional Championships and above.

Equipment for Group

DTAC or other Decatur Swim Cap (for those with hair at their shoulders or longer)

Competition Swim Goggles

Water Bottle (Filled with Water)

Long Blade Fins

Jr. Kickboard (Optional)

Jr. Pull Buoy (Optional)

**Shoes and Athletic Clothing are required for all dryland training sessions!

Training Sets for Advancement to Age Group 2

Perform a 10 minute continuous swim & kick

12 x 50 Freestyle Swim @ 1:00

10 x 50 Backstroke Swim @ 1:10

8 x 50 Breaststroke Swim @ 1:30

6 x 50 Butterfly Swim @ 1:30

4 x 100 IM Swim @ 2:30

10 x 50 Choice Stroke Kick @ 1:30

Age Group 2

Purpose of the Group: Train & Compete

Target Age Group: 10-14 years old

Minimum Skills to Enter Group: Swimmers must be able to swim 50 yards of Freestyle and Backstroke to enter Age Group 2. In addition, swimmers should be able to complete 25 yards of Breaststroke and Butterfly legally for consideration into Age Group 2.

Training Emphasis: 50% Technical Work & 50% Training & Conditioning. Training will emphasize competing in the 100 stroke, 200/500 Freestyle, and the 200 Individual Medley events. Goal of training is to improve technique in each stroke, build speed in turns & underwater kicking, and developing appropriate pacing and race strategies for all appropriate events.

Training Attendance: There are 6 two hour practices available each week. Coaches recommend attendance at least four times per week to develop their skills and conditioning.

Meet Attendance: Age Group 2 swimmers will attend at least THREE sessions of competition for every two meets scheduled during the competition year. Coaches recommend attendance in as many sessions throughout the year as possible to help develop confidence and racing skills in competition settings. Event selection will be coach driven and athletes are placed into events that are most appropriate based on training attendance and stroke development.

Target Meets: Obtaining/Competing in IN Swimming Divisional Championships. Athletes in Age Group 2 will begin working toward qualification to the IN Swimming Age Group State Championships and above.

Equipment for Group

DTAC or other Decatur Swim Cap (for those with hair at their shoulders or longer)

Competition Swim Goggles

Water Bottle (Filled with Water)

Long Blade Fins

Center Mount Snorkel

Nose Clip

Hand Paddles (Optional)

Jr. Kickboard (Optional)

Jr. Pull Buoy (Optional)

****Shoes and Athletic Clothing are required for all dryland training sessions!**

Training Sets Goals for Age Group 2

Perform a 30 minute continuous swim (greater than 1650scy/1500scm)

15 x 100 Freestyle Swim @ 1:40

12 x 100 Backstroke Swim @ 1:50

10 x 100 Breaststroke Swim @ 2:00

10 x 100 Butterfly Swim @ 2:00

10 x 100 IM Swim @ 1:50

10 x 100 Choice Stroke Kick @ 2:00

Senior Group

Purpose of the Group: Participate & Succeed

Target Age Group: 9th Grade & Up (incoming 9th graders will be transitioned to Senior Group the summer before starting the 9th Grade).

Minimum Skills to Enter Group: Swimmers must be able to swim 50 yards of Freestyle and Backstroke to enter Senior Group. In addition, swimmers should be able to complete 25 yards of Breaststroke and Butterfly legally for consideration into Senior Group.

Training Emphasis: 40% Technical Work/60% Training & Conditioning. Training will emphasize competing in the 100 stroke, 200/500 Freestyle, and the 200 Individual Medley events. Goal of training is to improve technique in each stroke, build speed in turns & underwater kicking, and developing appropriate pacing and race strategies for all appropriate events.

Training Attendance: There are 8 two hour and twenty minute practices available each week. Coaches expect attendance at least six times per week to develop their skills and conditioning. AM workouts are an important part of training and development. You should make every effort to be at morning workouts.

Meet Attendance: Senior Group swimmers will attend competitions outside of the IHSAA Competition season as directed by the Head Coach. Coaches recommend attendance in as many sessions throughout the year as possible to help develop confidence and racing skills in competition settings. Event selection will be coach driven and athletes are placed into events that are most appropriate based on training attendance and stroke development.

Target Meets: Obtaining/Competing in IN Swimming Divisional & IHSAA Sectional Championships. Athletes in Senior Group will begin working toward qualification to the IN Swimming Senior State Championships.

Equipment for Group

DTAC or other Decatur Swim Cap (for those with hair at their shoulders or longer)

Competition Swim Goggles

Water Bottle (Filled with Mixture of Water & Gatorade)

Short Blade Fins

Center Mount Snorkel

Nose Clip

Hand Paddles

Kickboard (Optional)

Pull Buoy (Optional)

**Shoes and Athletic Clothing are required for all dryland training sessions!

Training Sets Goals for Senior

Perform a 30 minute continuous swim (greater than 1650scy/1500scm)

15 x 100 Freestyle Swim @ 1:40

10 x 100 Breaststroke Swim @ 2:00

12 x 100 Backstroke Swim @ 1:50

10 x 100 Butterfly Swim @ 2:00

10 x 100 Choice Stroke Kick @ 2:00

10 x 100 IM Swim @ 1:50

High Performance Group - Starting Spring 2019

Purpose of the Group: Excel for High Performance

Target Age Group: 9th Grade & Up

Minimum Skills to Enter Group: Entrance to the HP Group is Invitation Only. The Head Coach will meet with prospective athletes and families to discuss the requirements and commitment behind the group before acceptance into the High Performance Group.

Training Emphasis: 20% Technical Work/80% Training & Conditioning. Training will emphasize competing in the 200 stroke, 500/1000 Freestyle, and the 200/400 Individual Medley events. Goal of training is to fine tune technique in each stroke, enhance speed in turns & underwater kicking, and master appropriate pacing and race strategies for all primary events.

Training Attendance: There are up to 9 two hour and twenty minute practices available each week. Coaches expect attendance at all training sessions per week to develop their skills and conditioning. If training attendance is not to the minimum standard, the Head Coach reserves the right to replace the athlete into the Senior Group and forfeit any High Performance Group benefits.

Meet Attendance: HP Group swimmers will attend competitions outside of the IHSAA Competition season as directed by the Head Coach. Coaches recommend attendance in as many sessions throughout the year as possible to help develop confidence and racing skills in competition settings. Event selection will be coach driven and athletes are placed into events that are most appropriate based on training attendance and stroke development.

Target Meets: Obtaining/Competing in IN Swimming Senior State Championships & IHSAA Sectional/State Championships. Athletes in HP Group will begin working toward qualification to the USA Swimming Speedo Sectional meet and above.

Equipment for High Performance Group

DTAC or other Decatur Swim Cap (for those with hair at their shoulders or longer)

Competition Swim Goggles

Water Bottle (Filled with Mixture of Water & Gatorade)

Short Blade Fins

Center Mount Snorkel

Nose Clip

Hand Paddles

Kickboard (Optional)

Pull Buoy (Optional)

**Shoes and Athletic Clothing are required for all dryland training sessions!

Training Sets Goals for High Performance

30 x 100 Freestyle Swim @ 1:20

16 x 100 Breaststroke Swim @ 1:40

20 x 100 Backstroke Swim @ 1:30

16 x 100 Butterfly Swim @ 1:30

16 x 100 Choice Stroke Kick @ 1:50

16 x 100 IM Swim @ 1:50