

Bronze Group

6 – 10 years old

This is the first level of the Gators competitive swimming program. The focus of this group is based heavily on technique in order to build the fundamentals of all four competitive strokes, as well as the improvement of starts and turns. Swimmers will be introduced to basic training concepts and overall swimming terminology. Three practices per week are highly recommended, but not required for this group. Swimmers must demonstrate the ability to swim a 25 of freestyle and backstroke for placement into this group. There are some dryland exercises done to improve flexibility and core body strength. This is a low-intensity program that kids can feel comfortable coming once or twice a week or coming every available practice. Listening to instruction and focusing on improving skills are focal points for the Bronze swimmer. Competitive swim meets are available and recommended (fun and help with goal setting), but they are not mandatory. Fins are the only equipment needed.

Practice Time Options:

Monday – Friday 4-5pm

Saturday 12-1pm

Silver Group

9 – 13 years old

This is the second level of the Gator competitive swimming program. At this level the swimmers can comfortably swim all four competitive strokes. A strong emphasis will continue to be placed on stroke technique, starts, turns, and race strategies, and also introduce endurance and nutritional training concepts. In order to achieve your utmost potential, at least three practices per week is encouraged. Participation in all team meets is recommended. This group will be introduced to basic dryland exercises to improve flexibility and core body strength. Fins are the only equipment required.

Practice Time Options:

Monday, Wednesday and Friday 4:30-6 and/or Monday-Friday 6-7:30

Saturday 10:30-12

Silver Plus Group

10 – 13 years old

This training group is for swimmers who have a proven record of commitment, hard work, and achievement. These are swimmers who have the desire to progress to the highest training levels of the program. Members of this group will be committed to reaching their full potential in swimming. A strong emphasis will be placed on fine-tuning stroke mechanics, the ability to change speeds, overall conditioning, and racing. Swimmers in this group will also receive dryland training for core stability, strength, and injury prevention. In order to advance within the program, a commitment to practice attendance is encouraged. Just about everyone swims multiple meets throughout the year with the goal of participating in championship meets. Coach approval is required to participate in this group. Fins, snorkel and paddles are needed for practice so that swimmers can fine tune their technique.

Practice Time Options:

Monday-Friday 5-7

Saturday 8-10:30

Gold Group

14 – 18 years old

Most of the swimmers in this group are swimming high school or are middle schoolers who have made a solid commitment to the sport of swimming. The practices focus on developing the swimmer technically, physically, mentally and emotionally at a level appropriate to their goals and based on their age, experience and commitment level. There are general and tailored dryland exercises to improve flexibility and core body strength. Not all swimmers participate in meets, but meets of all levels are available. Fins are needed, and coaches may suggest other equipment based on individual needs. If you're simply looking to swim high school and be on top of your game there this is the program for you. Swimmers will work closely with their coach to establish short and long term goals. In order to advance and improve, the maximum practice attendance is encouraged.

Practice Time Options:

Monday- Friday 7-9

Saturday 8-10:30

Senior I Group**14 – 18 years old**

This group is offered to fully accomplished Gator swimmers. Swimmers in this group have chosen to solely dedicate themselves to the sport of swimming and are prepared to fulfill the significant time commitment required of this group. Swimmers must show they are able to balance Gator requirements and school before being considered for this group. Training for national levels of competition will be the goal. Long Course, Holiday, and Dryland training will be encouraged as part of the seasonal plan. Swimmers are expected to be leaders in and out of the pool and are frequently asked to give back to the program. In order to benefit from this group a swimmer is expected to maintain a defined practice schedule during the season. Meet participation is encouraged and assigned by the Head Coach. Admission into this group is by recommendation of the Gator Head Coach only. Swimmers are required to train year round to remain in this group.

Practice Time Options:

Monday-Friday 5:30-7:30am

Saturday 8-10:30

Senior II Group**14 – 18 years old**

This group is comprised of swimmers that have a history of advanced training and have shown a commitment to achieve their maximum potential and beyond. Swimmers are required to meet a practice requirement that is based upon their age to insure progress thoroughly throughout their career. Practices will focus on preparation for success at nationally recognized events as well a successful collegiate experience. Swimmers have already shown they are able to balance Gator requirements and school before being considered for this group. Swimmers in this group have maintained the highest level of practice attendance and participation with the Gator team. The dryland exercise program is set up individually to improve fitness, flexibility, and core body strength as needed. All meets assigned by the Head Coach are encouraged. This group requires a year round commitment. Fins snorkel, and paddles are required for practice so that swimmers can fine tune their technique.

Practice Time Requirements:

Monday-Friday 5:30-7:30am and 4:30-6pm (T/Th Water drills, M/W/F dry land)

Saturday 8-10:30