

## OST SeaDawgs Groups

As outlined in our Team Handbook, Opelika Swim Team (OST) is committed to providing a safe environment for athletes to proper technique and physical training. Our goal is to allow each child to receive the joys of swimming while also promoting teamwork, sportsmanship, personal accountability, and achievement. The designation and placement of groups is to ensure your children are receiving the proper coaching for both their age, ability, and other qualifications.

It is my belief that when asked to do too much or too little, the joy of swimming can be diminished. My aim is to have each athlete in the proper group, so they can flourish in the sport.

Groups will continue to be evaluated and adjusted as the team grows. But we will maintain the same objective to give the athletes the best training possible for their age, ability, and other qualifications.

### PUPS:

Ages 8 years and Under

2x per week – Practice is 40 Minutes

Must be water safe and/or graduated from Parks and Rec Learn to Swim Program

Must be able to complete 25 freestyle and backstroke unassisted before joining Pups

Focus on basic swim skills and techniques for Freestyle, Backstroke, and Kicking

Introduction to basic swimming etiquette and practice safety

Will mainly stay in half of the pool with occasional 25s

Work towards completing 50 Freestyle and 50 Backstroke unassisted.

Looking for proficiency in side breathing, streamline, kicking.

### DAWGS:

Ages 8 years and Under

2-3x per week – Practice is 45 Minutes

Must be able to complete a 50 Freestyle and 50 backstroke.

Continued development of skills and techniques for Freestyle, Backstroke, Kicking

Introduction and Development of swimming Butterfly and Breaststroke

Introduction to reading pace clock, circle swimming, and other swimming etiquette, and competitive racing skills (Starts, Turns, rules of competitive swimming).

Working towards swimming sets of 25s of all strokes and being able to do 50s of Freestyle, Backstroke, and Kick.

WHITE 1 and 2 (First group with USA Swimming Registration):

- At least 9 years old
- 3-4x per week swimming – Practice is 1 Hour
- Must be able to legally complete 50s of all four strokes
- Execution of basic swim skills
- Can legally swim all four strokes
- Continued learning of reading pace clock, circle swimming, and other swimming etiquette, and competitive racing skills (Starts, Turns, rules of competitive swimming).
- Uses pace clock to swim sets of 25 – 100 yard distances

RED 1 and 2:

- At least 10 years old
- 4x-5 per week swimming Practice is between 1:15 – 1:30
- Will start basic dryland training 2x per week.
- Must be able to swim 100 IM, and 100 of each stroke.
- Equally focused on technique, training. Swimmers in this group must demonstrate a desire to work hard, improve training, racing, and competitive drive. Focus will be on training all four strokes and IM training.

BLACK 1 and 2:

- At Least 11 years old
- Practice 5-6x per week – Practice is between 1:45 – 2:00
- This group will also have dryland training 2x per week
- This is our currently or highest competitive group.
- Focus will be on training all four strokes and IM training. Swimmers must show a continued and consistent drive to work hard, improve training habits, and focus on racing skills. Focus for this group will be on AHSAA State meet, as well as USA Regional and National qualifying.

The designation of 1 and 2 is to help understand who has just been moved into a new group and who has already been in the group. It will also help us to divide in to appropriate lanes during practice and assign appropriate workouts/coaching.

New swimmers 9 and older who do not qualify for White Group will be recommended to take private lessons until white group qualifications are met.

Dryland is for Red and Black Groups only. Shirt, Shorts, and Shoes are required.