



Competitive USA Swimming



at the Shepherd University Wellness Center

Fall/Winter 2024-2025

Practice Group Descriptions

Platinum Competitive Team

Platinum Gold is our highest level of swimming. Swimmers in our Platinum group are competing to place in State meets, working to achieve qualifying times for Futures and Junior Nationals and establishing a foundation to compete in college. Swimmers are committed to swimming 5-6 days/week for 1-2 hours as well as supporting their swimming with dryland workouts. We are always working on stroke refinement and building speed and endurance to compete in 100s and 200s of stroke as well as 200 and 400 IM's and occasional distance events. Swimmers are expected to compete in meets over the year, generally 1/month with a focus placed on championship meets.

Platinum Silver is our advanced middle school age group. This group is a more advanced group of Silver, with similar goals but generally a higher level of time commitment, at least 3 days/week. Depending on space and coach approval, these swimmers have the opportunity to practice with the Gold Platinum group, generally in an age specific lane. We want to prepare our swimmers so they are comfortable swimming 100's and 200 IM's as they age up to 11-12.

- **AGE GROUP**
 - o High School, Ages 13-18 Advanced Swimmers with a high level of commitment, also to include some Middle School Swimmers ages 11-12
 - o Invitation-only, based on technique, endurance, test sets, cognitive readiness, and commitment
- **PRACTICE SCHEDULE**
 - o In-Water Practices available 6 days a week (9.5 hours in pool), Strength 2 days a week (2 hours)
 - M/W/F 6:00-8 pm , T/Th Pool 7-8
 - Can choose just MWF OR T/TH or both for a full week
 - Sat Pool 7:30-9 am – optional add-on
 - T/Th Strength 6-7 pm – optional add on
- **EXPECTATIONS**
 - o 75% practices minimum attendance expected
 - o At Least 4 Meets + State Championships
 - o *Coaches willing to work with swimmers who have other activities for parts of the season*



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SILVER/GOLD Competitive Team

Our **Gold** group is generally 8th grade and up swimmers. Our Gold group's focus is building stronger strokes and endurance and developing stronger technical skills. The expectations for this group are 2-3 days/week for 1 hour. Some swimmers in this group are preparing to compete for their high schools and others use swimming as a complement to another sport. Others are looking to work their way up to the Platinum Gold group. We strongly support our swimmers in pursuing their goals and emphasize communication so we can help realize those goals.

Our **Silver** group, with swimmers generally in 5th-7th grade, works to develop all four strokes. Swimmers begin to work on maintaining their form over longer distances in freestyle. We continue to develop our efficiency in backstroke, breaststroke and butterfly. Greater emphasis is placed on underwaters - developing strong underwater dolphin kicks and breaststroke pullouts. Silver swimmers swim 2-3 days/week for 1 hour and we encourage our swimmers to swim regularly in meets, in general about 1/month. Swimmers are sometimes deciding at this age what their 'main' sport is. We support this group playing multiple sports and developing overall athleticism.

- **AGE GROUP**

- Middle School and High School aged swimmers, ages 11-18
- Advanced, Intermediate, and Beginner Level Competitive Swimmers

- **PRACTICE SCHEDULE**

- In-Water Practices available 5 days a week
 - M/W/F 7:00-8:00 pm
 - T/Th 7:00-8:00 pm
 - Can choose just MWF OR T/TH or BOTH for a full week
 - Strength Add-on available T/Th 6-7 pm

- **EXPECTATIONS**

- 50% practices minimum attendance expected
- Meets and Championships encouraged but not required
- *Coaches are willing to work with swimmers who have other activities for parts of the season*



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BRONZE Competitive Team

Bronze is our entry level group with swimmers generally in 4th grade and below. Our primary focus is on developing stroke technique, building good habits and having fun. In addition to learning all four strokes, we introduce racing starts, turns and learn how to swim in a lane with others. Bronze group swimmers swim three days/week for 1 hour and are encouraged to swim in a couple meets over the year to introduce them to the world of competitive swimming in a supportive environment.

- **AGE GROUP**
 - o Elementary School, Ages 11 and Under
 - o Advanced, Intermediate, and Beginner Level Competitive Swimmers
- **PRACTICE SCHEDULE**
 - o In-Water Practice 3 Days a week (3 hours in pool)
 - MWF 5-6 pm
- **EXPECTATION**
 - o 50% practice attendance expected
 - o Meets encouraged but not required