



***SOUTH CENTRAL
SWIM TEAM***

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***Building Excellence and Character...
One Stroke at a Time***

AGE GROUP

Overview

Emphasis:	Basic Training Development
Ages:	F: 9-11 or 7-8(A), M: 11-13 or 8-10(A)
Entry Requirement:	Goals of Stroke Development Group
Goals:	Swim 3x 200 IM legally Perform all turns and pushoffs efficiently Perform front and back starts effectively Develop consistent practice attendance Develop motivation to improve and listen to coaches Develop courtesy of all swimmers in the pool Recognize that attitude effects performance of self and others Begin learning how to manage effort and intensity through practice Learn and improve goal setting skills Improve on controlling attitude and focus within practice and understand that they affect teammates Create a core group of training friends Sit with friends and teammates at meets

Needs

General:	Continue to improve fitness Continue to develop as athletes Continue to improve mental toughness Continue to develop team players Liken training to fun
Swimming:	Develop technical excellence Develop proficiency in all four strokes Observe/mimic great swimming Develop leg dominance Develop racers Develop feel for water Develop basic race strategy
Dryland:	Emphasize aerobic development
Parental Involvement:	Strong support of staff, board members Assist at team functions



In Partnership with the City of Janesville

Practice

- Days:** Monday – Thursday (Make 3 for maximal benefit)
- Duration:** 1 hour, 30 minutes (70 minutes water, 20 minutes dryland)
- Additional Practice:** Swimmers who can achieve all of the goals for this group and had perfect attendance during the week may practice with the Junior team on Fridays at the discretion of the Junior coach.

Observations

- 1) The focus is still centered on teaching fundamentals and developing a strong foundation in all strokes.
- 2) It is extremely important that these swimmers make their minimum number of practices a week so they can better develop their feel for the water and their aerobic capacity.
- 3) Low intensity aerobic conditioning is emphasized and athletes begin to do more mileage on a weekly basis. It is important that the fundamental skills developed in the Age Group program not be compromised as swimmers begin to swim farther in practice.
- 4) At this level, the training program focuses on preparation for the 200 IM and 200/500 freestyle events. Even if swimmers show promise in specific events, they should do very little specialty work.
- 5) A high priority continues to be placed on kicking all four strokes. Beginning at this level, coaches are encouraged to do 40-50% of their kick training without boards.
- 6) Beginning with this phase a high priority is also placed on maximizing the number of training weeks per year. Peak performance efforts are put off until the latest point possible in each season. Likewise, the importance of swimming through the year is emphasized. This training philosophy carries through to the higher levels of the program.
- 7) Swimmers are still encouraged to participate in other activities and sports. However, we are hopeful that participation in other activities allows them to meet the minimum attendance expectations for swimming.
- 8) Dryland training is elevated and incorporated into the overall program during this phase.
- 9) Although the overall level of training expected of swimmers increases during this phase of the program, coaches are charged with being creative and making the experience fun and enjoyable.

Recommended Equipment

Practice:	Practice Cap (2x)	Meets:	SCST Swim Cap (2x)
	Practice Suit		SCST Meet Suit
	Goggles (2x)		SCST Warmups
	Fins		
	Mesh Bag		
	Paddles		
	Snorkel		



AGE GROUP TIME STANDARDS

Swimmer must hit one standard to be eligible for the Age Group



WOMEN		EVENTS			MEN	
SCM	LCM	SCY	8 & Under / 10 & Under*	SCY	LCM	SCM
:35.79	:36.49	:32.39	50 Freestyle	:31.89	:36.19	:35.29
1:19.89	1:21.89	1:12.29	100 Freestyle	1:10.79	1:20.59	1:28.29
2:52.79	2:58.69	2:36.39	200 Freestyle	2:31.89	2:52.39	3:08.89
5:57.39	6:09.69	6:48.39	400/500 Freestyle	6:44.59	6:06.79	6:38.39
:42.19	:43.69	:38.19	50 Backstroke	:38.39	:44.19	:48.49
1:30.89	1:35.29	1:22.19	100 Backstroke	1:21.69	1:33.69	1:42.19
:46.49	:48.29	:41.99	50 Breaststroke	:42.49	:48.49	:53.29
1:43.19	1:47.09	1:33.39	100 Breaststroke	1:32.69	1:45.99	1:55.79
:41.19	:42.09	:37.29	50 Butterfly	:36.69	:40.99	:46.39
1:35.79	1:38.69	1:26.69	100 Butterfly	1:25.69	1:37.19	1:51.09
1:31.89	Not Available	1:23.19	100 IM	1:21.29	Not Available	1:40.99
3:14.49	3:20.59	2:55.99	200 IM	2:55.29	3:18.89	3:38.89

* Girls 9 & Over, and Boys 11 & Over are automatically eligible for the Age Group, assuming they meet the goals of the Stroke Development Group.