



***SOUTH CENTRAL
SWIM TEAM***

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

JUNIOR

Overview

Emphasis:	Progressive Training
Ages:	F: 12 & Over or 9-11 (A), M 14 & Over or 11-13 (A)
Entry Requirement:	Goals of Age Group, Plus four of the following: Achieve USA-Swimming 'A' time standards 10x 50 @ 1:00 8x 25 @ :40 IM Order Swim under 1:30 in 100y Freestyle Swim under 1:50 in 100y IM Kick 1x 50 w/ fins under :50
Goals:	Swim 400 IM legally Race in every distance of every stroke available over duration of season Achieve WI-Swimming State Cuts Improve fluidity in turns and pushoffs Improve front/back starts Continue to develop goal setting skills Use underwater fly kicking as a tool in racing Continue becoming more fluid in swimming (no splashing) Begin to actively improve distance per stroke Learn leadership skills

Needs

General:	Strong expectations/motivations
Swimming:	Continue to develop needs from phase two Start introducing power development
Dryland:	Continue to develop aerobic capacity Liken movements to race speed
Parental Involvement:	Begin to limit 'wet-side' involvement, and increase 'dry-side' involvement Assist at team functions

Practice

Days:	Monday – Friday (Make 4 for maximal benefit)
Duration:	2 hours (90 minutes water, 30 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 Senior team on Saturdays at the discretion of the Senior coach.

Observations

- 1) In this phase, the mileage completed each week begins to be an important consideration. We want to take advantage of the pre-pubescent window of opportunity to more fully develop aerobic capacity.
- 2) Although low intensity aerobic conditioning is still the highest priority, athletes begin to do more anaerobic threshold work. It is critical that technique is not compromised as swimmers swim faster in practice a greater percentage of the time.
- 3) At this level, the training program focuses on preparation for the 400 IM and distance freestyle events. Even if swimmers show promise in specific events, they limit specialty work until the later stages of this program.
- 4) Swimmers are encouraged to attend as many practices each week as possible. AM practices are not currently offered during the school year, but we should be looking into that possibility. Swimmers at these levels are encouraged to begin to make a choice between swimming and other activities.
- 5) Beginning in this phase, careful attention is given to maintaining aerobic fitness levels from one season to the next. Breaks between seasons are minimal to avoid significant deterioration of aerobic fitness.
- 6) A heavier emphasis is placed on dryland training at these levels with the emphasis primarily being on the development of core body conditioning
- 7) Swimmers are encouraged to train in the Long Course pool as much as possible during the summer.

Recommended Equipment

Practice:	Practice Cap (2x)	Meets:	SCST Swim Cap (2x)
	Practice Suit (2x girls)		SCST Meet Suit
	Drag Suit (boys)		SCST Warmups
	Goggles (2x)		SCST Backpack
	Fins		
	Mesh Bag		
	Paddles		
	Snorkel		
	Zoomers		



JUNIOR GROUP TIME STANDARDS

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



WOMEN			EVENTS	MEN		
SCM	LCM	SCY	9-10	SCY	LCM	SCM
:35.79	:36.49	:32.39	50 Freestyle			
1:19.89	1:21.89	1:12.29	100 Freestyle			
2:52.79	2:58.69	2:36.39	200 Freestyle			
5:57.39	6:09.69	6:48.39	400/500 Freestyle			
:42.19	:43.69	:38.19	50 Backstroke			
1:30.89	1:35.29	1:22.19	100 Backstroke			
:46.49	:48.29	:41.99	50 Breaststroke			
1:43.19	1:47.09	1:33.39	100 Breaststroke			
:41.19	:42.09	:37.29	50 Butterfly			
1:35.79	1:38.69	1:26.69	100 Butterfly			
1:31.89	Not Available	1:23.19	100 IM			
3:14.49	3:20.59	2:55.99	200 IM			
SCM	LCM	SCY	11* / 11-12	SCY	LCM	SCM
:32.89	:33.69	:29.79	50 Freestyle	:28.59	:32.99	:31.59
1:09.69	1:14.09	1:03.09	100 Freestyle	1:02.89	1:11.59	1:09.49
2:34.89	2:39.19	2:20.19	200 Freestyle	2:16.59	2:35.69	2:30.89
5:23.19	5:32.39	6:09.29	400/500 Freestyle	6:04.69	5:29.19	5:19.19
11:16.49	11:36.49	12:52.99	800/1000 Freestyle	12:48.89	11:39.29	11:12.89
21:34.09	22:23.79	21:41.69	1500/1650 Freestyle	21:35.89	22:27.89	21:28.39
1:22.79	1:26.29	1:14.89	100 Backstroke	1:12.29	1:23.59	1:19.89
2:53.59	3:00.69	2:37.09	200 Backstroke	2:33.79	3:00.29	2:49.99
1:30.79	1:33.79	1:22.19	100 Breaststroke	1:21.09	1:33.59	1:29.59
3:16.29	3:23.69	2:57.69	200 Breaststroke	2:52.99	3:21.19	3:11.09
1:21.29	1:22.89	1:13.59	100 Butterfly	1:12.19	1:22.09	1:19.79
2:56.49	3:02.59	2:39.69	200 Butterfly	2:38.29	3:00.89	2:54.89
2:55.19	3:00.19	2:38.59	200 IM	2:35.89	2:58.09	2:52.29
6:13.59	6:27.59	5:38.09	400 IM	5:31.99	6:24.29	6:06.79
SCM	LCM	SCY	13*	SCY	LCM	SCM
			50 Freestyle	:26.59	:30.59	:29.39
			100 Freestyle	:57.99	1:06.59	1:04.09
			200 Freestyle	2:05.79	2:24.99	2:18.99
			400/500 Freestyle	5:39.39	5:05.59	4:56.99
			800/1000 Freestyle	11:41.49	10:31.29	10:13.89
			1500/1650 Freestyle	19:29.49	20:13.09	19:22.69
			100 Backstroke	1:04.89	1:15.09	1:11.69
			200 Backstroke	2:19.49	2:41.59	2:34.19
			100 Breaststroke	1:12.29	1:23.59	1:19.89
			200 Breaststroke	2:36.29	3:02.39	2:52.69
			100 Butterfly	1:03.39	1:11.99	1:10.09
			200 Butterfly	2:20.79	2:39.89	2:35.59
			200 IM	2:21.89	2:42.79	2:36.69
			400 IM	5:02.39	5:46.19	5:34.19

NOT AVAILABLE

* Girls 12 & Over, and Boys 14 & Over are automatically eligible for the Junior Group.