

GROUP	Required Cuts/Skills	PURPOSE & REQUIREMENTS	RELATIONSHIP	Core Values
Senior Performance				
<u>Ages- 14-18</u> <u>Coach: Chris Clemons</u> <u># Practices/Wk 8-10</u> <u>Practice Durations: 120-180min</u>	2+ Sectional Cuts (50 free excluded) 10x100 Free 1:10 10x100 IM 1:25 10x50 Kick :45	"Excelling as an Athlete" - To be placed in the Senior Performance group, an athlete must first have 2 or more Sectional cuts and be in high school, as well as displaying a high rate of attendance (80% or more) and effort in the Senior 1 group. 90% attendance must be maintained once placed in the group. Regular season meet participation and full championship meet participation is required. Other things such as attitude, respect, ability to listen, discipline, and coachability are taken into consideration as well. This is our highest group and therefore has the highest requirements. This group is invite only by the Head Coach.	50% Coach 5% Parent 45% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall 5. Get Out Like an Athlete
Senior 1				
<u>Ages- 13-18</u> <u>Coach: Kate Zabler</u> <u># Practices/Wk 8-10</u> <u>Practice Durations: 120-180min</u>	2+ 15-16 "AA" times (50 free excluded) 10x100 Free 1:20 10x100 IM 1:35 10x50 K :50	"Pursuit" To be placed in the Senior 1 group, an athlete must meet the standard cuts as well as displaying an attendance rate of 70% or more in Challenge 1. An attendance rate of 75% must be maintained once placed in this group. This group is designed for athletes who are motivated to meet the standards of Senior Performance and desire to reach a high level of swimming. The goal of this group is to provide adequate training opportunities that will allow for both development and the chance to be placed into Senior Performance. Regular season meet participation and full championship meet participation is required. Other things such as attitude, respect, ability to listen, discipline, and coachability are taken into consideration as well.	50% Coach 5% Parent 45% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall 5. Get Out Like an Athlete
Senior 2				
<u>Ages- 15-18</u> <u>Coach: Dacia Moore</u> <u># of Practices/Wk 7</u> <u>Practice Durations 105-135min.</u>	2+ 15-16 "B" times (50 Free excluded) 8x100 Free 1:30 6x100 IM 1:50 8x50 Kick :60	"Pursuit" This group is designed for high school aged athletes who are not meeting the standards of Senior 1 or need more flexibility to their schedule than what Senior 1 will allow. The goal of this group is to provide adequate training opportunities that will allow for both development and the chance to be placed into the Senior 1 group.	50% Coach 5% Parent 45% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall 5. Get Out Like an Athlete
Challenge 1				
<u>Ages- 11-14</u> <u>Coach: Tim Hill</u> <u># of Practices/Wk 6</u> <u>"Practice Durations 90-105min."</u>	11-12: 3 + "A" times 13-14: 3 + "A" times 8x100 Free 1:30 8x100 IM 1:45 8x50 Kick :55	"Train to Compete" - To be placed in the Challenge 1 group, an athlete must achieve the time standards to the left, as well as great effort in the Expl Adv 2 group. Athletes are expected to attend 4/6 practices per week. The athlete must understand that by being placed in this group, swimming has become a high priority for them. Regular season meet participation and full championship meet participation is required.	55% Coach 15% Parent 30% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall 5. Get Out Like an Athlete
Challenge 2				
<u>Ages- 12-14</u> <u>Coach: Chris Sustala</u> <u># Practices/Wk- 6</u> <u>Practice Durations 90-105min</u>	- 100s of all 4 Strokes - 500 Free - 8x50 Free @ :50 - 5x100 IM 2:00 - 8x50 Kick :60	"Train to Compete" The Challenge 2 group is for swimmers ages 12-14. Challenge 2 is designed for swimmers not meeting the standards of Challenge 1, but still looking for an environment to continue advancing their skills and progressing through the SHARKS program.	55% Coach 15% Parent 30% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall 5. Get Out Like an Athlete
Exploratory Advance 1				
<u>Ages - 9-12</u> <u>Coach: Tim Hill</u> <u># Practices/Wk- 6</u> <u>Practice Durations 75-90 Min</u>	- 100s of all 4 Strokes - 500 Free - 8x50 Free :50 - 5x100 IM 2:00 - 8x50 Kick :60	"Learn to Race" - To be placed in the Exploratory Advance 1 group, an athlete must be able to swim 100s of all 4 strokes as well as the 500 freestyle. The goal of this group is to shape up any rough edges so that when they are placed in the Challenge groups, they can learn to train. This is the first group in the SHARKS program that is looking to qualify for higher level championship meets.	60% Coach 15% Parent 25% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall 5. Get Out Like an Athlete
Exploratory Advance 2				
<u>Ages- 9-12</u> <u>Coach: Chris Sustala</u> <u># Practices/Wk- 6</u> <u>Practice Durations 75-90min</u>	- 50s of all 4 Strokes - 200 Free - 8x50 Free @ 1:10 - 5x100 IM @ 2:20 - 8x50 Kick @ 1:10	"Learn to Race" Focuses on improving stroke technique and proficiency for longer events/distances and strong back half racing. This group works to obtain IMX scores in their respective events.	60% Coach 15% Parent 25% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall 5. Get Out Like an Athlete

Exploratory				
<u>Ages: 7-10</u> <u>Coach: Kate Zabler</u> <u># Practices/Wk:5</u> <u>Practice Durations: 60-75 Min</u>	- Legal in all 4 Strokes - 5x50 Free 1:20 - 3x100 IM 2:30 - 5x50 Kick 1:20 - Read the Pace Clock - Racing Dives - IM Turns	"Explore" Focuses on all strokes and improving their skills in practice and meets. This group works to obtain IMR scores in their respective events. All swimmers in this group and beyond will be opted into all qualifying meets unless declined on the website.	60% Coach 20% Parent 20% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall
Discovery Advance				
<u>Ages: 5-8</u> <u>Coach: Dacia Moore</u> <u># Practices/Wk:4</u> <u>Practice Durations: 45-60 Min</u>	- Legal in 3 Strokes - 5x50 Fr 1:30 - 4x50 Kick 1:30 - Streamlines, Circle Swim, Freestyle Flip Turn	"FUNDamentals" - To be placed in the Discovery Advance group, an athlete must be able to swim freestyle, backstroke, and/or butterfly/breaststroke. They must also have started to create the habits of all good swimmers. The goal of this group is to introduce athletes to competitive swimming and the FUNDamentals of the sport. All swimmers in this group will be automatically opted in for block party and home meets. This is the first SHARKS group requiring a USA Swimming Premium membership.	70% Coach 20% Parent 10% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall
Discovery Pre Team				
<u>Ages: 5-8</u> <u>Coach: Kate Zabler</u> <u># Practices/Wk:4</u> <u>Practice Durations: 45-60 Min</u>	- 25 Yards in Freestyle and Backstroke	"Welcome" Focuses on stroke skills for Free and Back while building Breaststroke and Butterfly skills. Swimmers in this group are registered under the USA Swimming FLEX membership and are eligible to compete in TWO Gulf-sanctioned meets. Group goals: 3 legal strokes for all swimmers, attend 2 meets	70% Coach 25% Parent 5% Swimmer	1. Attendance + Effort = Success 2. Bring a Positive Attitude 3. Hand in the Gutter 4. Finish to the Wall