

Definition of Practice Levels and Practice Times

Presented here is a description of each practice level. On the first day of practice have your child come to the practice that you feel best suits his/her ability and age. Notice the slight overlap in the ages of each group. The coaches will make adjustments if necessary.

All swimmers are expected to come to practice every day. The morning sessions should be attended every day if possible. Only if the morning session cannot be attended should the swimmers come to the afternoon workouts. Friday afternoon practices will continue to be an all team pre meet warm-up followed by a team dinner. *Swimmers should come prepared with suits, goggles, cap, sneakers and appropriate attire for dry land exercise.*

Gold Group: This group will include our younger swimmers ages 12 and under. This group will focus on teaching swimmers the four competitive strokes and refining stroke mechanics, starts and flip turns. Technique and legal stroke mechanics are the emphasis of this group.

Blue Group: This group will include our older swimmers ages 11 and up. This group will engage in more serious workouts. Conditioning, more advanced technique and mental training will be a part of this group's practice. Swimmers will be encouraged to volunteer to help the Water Rats in Training Program.

After School Practice - June 1 - June 25

Blue Group - 4:30 to 6:00 p.m.

Gold Group - 5:45 to 6:45 p.m.

Summer Practices - June 28 - July 30

Morning

Blue Group - 8:00 to 10:15 a.m.

Gold Group - 10:00 to 11:15 a.m.

Afternoon

Blue Group - 5:00 to 6:00 p.m.

Gold Group - 5:45 to 6:30 p.m.

Water Rats in Training - June 28 - July 30

Monday thru Thursday - 11:15 - 11:45 a.m.

Monday thru Thursday - PM session, time TBD

Swimmer competing in the Cherry Bowl and/or Tri-County are expected to attend practice up to those events. All swimmers who wish to are invited to join in these practices as well.