



## **Gold Group**

Coach: Chris

### **Requirements:**

Swimmers in this group are between the ages of 14-18 and are the premiere group at Duke City Aquatics. Swimmers can advance from either the Red Age Group, or the Silver Senior Prep Group (at only opportune times during the season) and/or can display the skills and experience required to be in Gold Group from another swim team. It is mandatory that swimmers in Gold Group have obtained multiple USA Swimming National "A" times, have a 95% practice attendance, have the necessary equipment requested by the coach, and be able to listen, commit, and help the team as an individual and as a group in a **POSITIVE MANNER**. Failure to meet any requirements at any time during the season will result in the swimmer being reassigned to the Silver Senior Prep Group (no ifs, ands, or buts). Swimmers are also required to attend ALL meets and be signed up and registered into the Duke City Aquatics system, and also may be asked to attend any elite meet that they qualify for (any concerns can be directed towards the staff and will be worked out through all means of communication). In Gold Group, swimmers will be tested to their fullest ability (mentally and physically) in order to uphold the highest standard of the organization that is Duke City Aquatics. Swimmers will not be placed in this group unless they are a minimum of 14 years of age (no exceptions).

### **Training:**

2-3 hours/6 days a week (This includes Saturday morning practices) and possibly even Sundays for more cross training and conditioning.

### **Yardage:**

4-9,000 yards (during season, this includes **MORNING PRACTICES AT 5 o'clock!!!**)

### **Group Goals:**

- \* The ability to learn and comprehend advanced practicing and racing strategies, techniques, and tactics to be prepared for meets including "elite" meets (Zones, Sectionals, Junior and Senior Nationals, etc) and also devise the best program for each swimmer to achieve and create serious goals for themselves and the team throughout the entire season (Short Course and Long Course).
- \* Train and compete in **ALL** four strokes during practice and at meets, including middle distance races (200s), 400IM, and distance Freestyle events!
- \* The ability to comprehend advanced skill sets and lead teammates while doing so in a positive manner, in order to achieve goals and expectations set by the team at the beginning of the season, as well as the expectations and guidelines set forth by the coach (Chris).

\* Understand how to train through percent of effort sets, speed training and interval sets, as well as how to monitor pulse rate and push through fatigue mentally and physically in a safe and controlled manner. (Safety and health is the number one concern for all of our swimmers at Duke City Aquatics).

\* Improve core body strength through weight conditioning, cross training (running, hiking, jogging) and conditioning, and dryland sets (push ups, sit ups, leg lifts, pull ups, lunges, dive and swims, etc) again following the guidelines and requirements set for by the coach (Chris) in order for them to complete each training session in a positive and directive manner.

\* Swimmers will be introduced to team travel trips, and behavior on these trips will be discussed in meetings before with parents to make sure that swimmers will take responsibility for their individual actions, and any wrongdoing will result in the swimmer being dealt with by the senior staff (Chris and Betsy).

\* Improve and progress performance in the water and be fully committed to the program set forth by the team and the Senior coaching staff.

\* Prepare for possible COLLEGE LEVEL SWIMMING!

\* Learn how to keep a training and nutrition log to help manage and assess how to maintain good physical health during season, and also for the swimmer to realize what they have done, or not done, to achieve goals set for by themselves and the group at the beginning of the season, along with academics!

### **Equipment:**

Mesh bag, \*fins, \*kickboard, \*pull buoy, medicine ball, team suit, water bottle, tempo trainer, jump rope, goggles, snorkel, running shoes, personal resistance cord (found at Big 5 or other sports stores), stretch bands (a piece of rope a little more than shoulder width will do), and pull paddles.

\*Provided by Duke City Aquatics, but swimmers may also purchase their own.

### **Test Sets:**

Some examples of test sets that swimmers will season in Gold Group are:

Timed 400IM/500 Free, 10x100 Free on 1:10, 4x1650 Free swims, descending sets ranging from 10-20 200s, 100s, 75s, 50s, both the 50 and 100 wheels, etc.