



Age Group Red

Coach: Sean

Requirements:

Swimmers in this group are between the ages of 11-14 and have advanced from the Black Age Group or have previous experience with another team. Swimmers in this group also have experience swimming in USA Swimming Meets. Swimmers in this group are strongly encouraged to attend practice between 4-5 times a week and attend at least one USA Swimming Meet a month. Swimmers in this group are also encouraged to strive towards qualifying and competing in the New Mexico State Meet. Swimmers also need to demonstrate the ability to listen and follow directions at practices, have the ability to read a pace clock and make the basic intervals used in this training group (see test sets for examples).

Training/Yardage:

1.5 Hours*/5 days a week, 2,000-4,500 yards/practice

*During summer season a scheduled hour of dryland is also a component of this group's practice schedule

Basic Goals:

- Introduction to basic racing strategies and goal setting
- Develop a positive attitude towards training and competition(including competing in distance events)
- Introduction to basic nutrition for athletes and the benefits of healthy eating habits
- Learn the benefits of hard work and commitment as well as gain an understanding of self motivation and the ability to continually challenge themselves
- Encourage swimmers to always give their best effort, study and learn from faster swimmers, and develop team spirit and pride

Equipment:

Fins*, Kickboard*, Duke Team suit and cap, Mesh bag, Water bottle,

*Provided by Duke City Aquatics but swimmers may also purchased their own

Sample Test Sets:

1,000 Freestyle for time

10 x 100 @ 2:00

5 x 200 IM @ 4:30