

TSA TRAINING GROUPS

Silver

Age ranges from 6 to 10 years.

Consistently perform 3 of the 4 strokes legally, and be close on the 4th.

Able to perform all 3 competitive kicks legally.

Able to swim 50-yards of freestyle & backstroke, and 25-yards of breaststroke and/or butterfly.

Able to perform competitive racing starts and able to execute all 4 turns legally.

Able to listen and follow directions, and have the maturity and physical strength to complete 1 hour workouts.

Be ready socially, emotionally, and physically for a higher demand.

Five practices offered per week (we recommend attending 3-4). Practice yardage ranges from 800-1500 yards.

Focus on improvement of technique in all competitive strokes, turns, racing starts, competitive swimming rules, and fun. Introduction to other training tools such as clock reading, drills, small sets, meet attendance.

Equipment Needed: Fins, Kickboard, Mesh Equipment Bag, Water bottle, Suit, Team cap

Gold

Age ranges from 9 to 12 years.

Able to swim 50-yards of all four competitive strokes, plus a 200 Individual Medley (IM).

Able to perform competitive racing stars and able to execute all 4 turns legally.

Able to listen and follow directions, and have the maturity and physical strength to complete 1 ¼ hour workouts.

Be ready socially and emotionally for a higher demand

Six practices offered per week (we recommend attending 4-5). Practice yardage ranges from 1500-2500 yards.

Focus is to improve stroke technique, aerobic conditioning, racing starts & turns, longer swim sets, and sprints.

Expected to attend selected meets, plus their highest qualified championship meet.

8 year olds with a 10&Unde 'B' time standard "may" qualify for this group.

Sample intro sets: 5 x 100 free @ 1:45 and 5 x 100 IM @ 2:00.

Equipment Needed: Fins, Kickboard, Snorkel, Mesh Equipment Bag, Water bottle, Suit, Team Cap.

Platinum

Age ranges from 9 to 14 years.

Able to legally swim 100-yards of all 4 competitive strokes, plus a 200 Individual Medley (IM).

Able to perform competitive racing stars and able to execute all 4 turns legally.

Able to listen and follow directions, and have the maturity and physical strength to complete 1 ½ hour workouts.

Be ready socially and emotionally for a higher demand

Six practices offered per week (we recommend attending 5+). Practice yardage ranges from 2500-4500 yards.

Focus is to continue to improve stroke technique, racing starts & turns, aerobic conditioning, longer swim sets, sprints, race strategies, goal setting, and knowledge of pace/intervals.

Attitude – demonstrates a commitment level necessary to attain higher levels of training

Expected to attend selected meets, plus their highest qualified championship meet (DI's, DI's).

Sample intro sets: 10 x 100 free @ 1:30; 5 x 200 IM @ 3:15; 8 x 200 free @ 3:00.

Equipment Needed: Fins, Kickboard, Paddles & Pull Buoy, Snorkel, Water bottle, Mesh Equipment Bag, Suit, Team Cap

Junior (formerly Varsity)

Age ranges from 13 through 18.

Able to meet Gold Group minimum of 50-yards of all four competitive strokes, plus a 200 Individual Medley (IM).

Tailored for swimmers in two categories: (1) whose primary focus is on High School Swimming, cross-training, or a want to stay in shape; (2) those who are not ready to move to the Senior Group.

Able to listen and follow directions, and have the maturity and physical strength to complete 1 ½ hour workouts.

Five practices offered per week. No practice limitations. Practice yardage ranges from 2500 to 4500 yards.

Focus is to continue to improve stroke technique, racing starts & turns, aerobic conditioning, longer swim sets, sprinting, race strategies, and goal setting.

Equipment Needed: Fins, Kickboard, Paddles & Buoy, Snorkel, Water bottle, Mesh Equipment Bag, Suit, Team Cap

Senior

Age ranges from 13 through 18.

Nine practices (AM & PM) offered per week (expected to attend at least 80%).

Practice yardage ranges from 5000 to 6500 yards.

Expected to attend selected meets, plus their highest qualified championship meet.

Swimming is their primary activity with a desire to swim in college.

Stroke mechanics, challenging aerobic & anaerobic training sets, goal setting, and race strategy emphasized.

Sample intro sets: 16 x 100 free @ 1:25; 8 x 200 free @ 2:50; 8 x 200 IM @ 3:05

Goal of making Sectional qualifying times.

Equipment Needed: Fins, Kickboard, Paddles & Buoy, Snorkel, Water bottle, Mesh Equipment Bag, Suit, Team Cap

National

Age ranges from 13 through 18.

Must have at least 1 Sectional qualifying time.

Nine practices (AM & PM) offered per week (expected to attend close to 100%).

Practice yardage ranges from 5500 to 7000 yards.

Expected to attend selected meets, plus their highest qualified championship meet.

Swimming is their primary activity with a desire to swim in college.

Stroke mechanics, challenging aerobic & anaerobic training sets, goal setting, and race strategy emphasized.

Must have Sectional qualifying time standards.

Sample intro sets: 20 x 100 free @ 1:15; 10 x 200 IM @ 2:45

Equipment Needed: See Seniors