



COMPETITIVE GROUP DESCRIPTIONS

BRONZE (4 offered practices/week @ 45 minutes/practice)

- Entry-level / Light Competitive group
- **Entrance Requirement:** A comfortable and USA Swimming legal 25 of freestyle (with rotary breathing) and backstroke (legs not sinking, head gently in water)
- **Focus** is on stroke mechanics and technique, developing breaststroke and butterfly, racing starts, and freestyle flip turns
- **Advancement to Silver Group:** *Completion of a USA Swimming legal 100 IM*
- Equipment – Fins, kickboard, and a water bottle
- A minimum of 2-3 practices per week is expected for proper swimmer growth
- *Participation in at least 2 swim meets (with ONE being a Champs level meet) is strongly encouraged. Bronze swimmers are NOT automatically committed to swim meets.*

SILVER (4 offered practices/week @ 1 hour/practice)

- Entry-level Light Training and Competitive group
- **Entrance Requirement:** A comfortable and USA Swimming legal 100 IM
- **Focus** is on stroke mechanics and technique, backstroke flip turns, and IM transitions, racing starts, the IMR / IMX events posted by USA Swimming, building toward legal 50 of each stroke and 200 IM
- Basic interval training is taught and light level of dryland activities is incorporated for balance, coordination, and overall athletic development
- **Advancement to Gold Group:** *A comfortable and USA Swimming legal 50 of all four competitive strokes and a 200 IM, competitive start from the starting blocks, competitive turns, and adequate completion of exit level test sets determined by the coaching staff for proper adjustment into Gold group*
- Equipment – fins, kickboard, and a water bottle
- A minimum of 2-3 practices per week is expected for proper swimmer growth
- *Participation in at least 2-3 swim meets (with ONE being Champs level meet) is strongly encouraged. Silver swimmers are NOT automatically committed to swim meets.*

Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership

GOLD (5 offered practices/week @ 1 hour 15 minutes/practice)

- Moderate Training and Competitive group
- **Entrance Requirement**: A comfortable and USA Swimming legal 200 IM, and competitive starts, turns, and IM transitions
- **Focus** is on stroke mechanics and technique, starts, all competitive open and flip turns, the IMR / IMX events posted by USA Swimming, and building toward a legal 100 of each stroke
- Interval training is taught and light level of dryland activities is incorporated for balance, coordination, and overall athletic development
- **Advancement to White Group**: *A comfortable and USA Swimming legal 100 of all four competitive strokes and 200 IM, competitive start from the starting blocks, competitive turns, IM transitions, and adequate completion of exit level test/training sets determined by the coaching staff for proper adjustment into the White group*
- Equipment – fins, paddles, kickboard, and a water bottle
- A minimum of 3-4 practices per week is expected for proper swimmer growth
- *Participation in at least 3-4 swim meets (with TWO being Champs level meets) is strongly encouraged. Gold swimmers ARE automatically committed to swim meets.*

WHITE (5 offered practices/week @ 1 hour 30 minutes/practice)

- Moderate Training and Goal Setting Competitive group
- **Entrance Requirement**: USA Swimming legal 100 of all four competitive strokes, 200 IM, and competitive starts, turns, and IM transitions
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, completing all age available events every season at swim meets, and building a legal 200 of all four strokes
- Slightly advanced interval training, introduction of aerobic conditioning, with average training yardage per practice at about 3000-3500 yards
- Moderate level of dryland training is incorporated for general strength building, flexibility, balance, coordination, and overall athletic development
- Goal performance times: Gulf Age Group Champs
- **Advancement to White Plus Group**: *A legal 200 of all four competitive strokes and adequate completion of exit level test/training sets determined by the coaching staff for proper adjustment into the White Plus group*
- Equipment – fins, paddles, kickboard, and water bottle
- Monthly attendance expectation of at least 75% for proper swimmer growth
- *Participation in at least 4 swim meets (with TWO being Champs level meets) is EXPECTED. White swimmers ARE automatically to swim meets.*

WHITE PLUS (5-6 offered practices/week @ 1 hour 45 minutes/practice)

- Slightly Advanced Training and Goal Setting Competitive group
- **Entrance Requirement:** USA Swimming legal 200 of all four competitive, competitive starts, turns and IM transitions
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, completing all age available events each season at swim meets, building to a 500 free and 400 IM
- Complex interval training, increased aerobic conditioning, with average training yardage per practice at about 4000-4500 yards
- Double practices are optional/introduced during the summer. Saturday practices are introduced.
- Moderate level of dryland training is incorporated for general strength building, flexibility, balance, coordination, and overall athletic development
- Goal performance times: Gulf Age Group Champs and TAGS
- **Advancement to Maroon Elite:** *A legal 200 of all four competitive strokes, 400 IM, 500 free, and adequate completion of exit level test/training sets determined by the coaching staff for proper adjustment into the Maroon Elite group*
- Equipment – fins, paddles, kickboard, and water bottle
- Monthly attendance expectation of at least 80% for proper swimmer growth
- *FULL participation is expected at all eligible swim meets (with emphasis on all Champs level meets). White Plus swimmers ARE automatically committed to swim meets.*

MAROON ELITE (5-9 practices/week @ 2 hours hours/practice)

- MAC's Elite Age Group Training and Goal Setting Competitive group
- **Entrance Requirement:** Athlete must be 12 or older, Head Age Group Coach approval and current coach recommendation, high practice attendance percentage, full meet participation, all age available events completed each season, strong training/work ethic, and *internal SWIMMER-driven motivation*
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, and completing all age available events multiple times per season
- Heavy drylands are integrated into training for general strength building, flexibility, balance, coordination, and overall athletic development
- Preparation group for the Pre-National Elite group
- Goal performance times: Gulf Champs, TAGS, Sectionals, and Junior Nationals
- Double practices and Saturday workouts are expected (athlete age considered)
- **Advancement to Senior or Pre-National Elite Group:** *Graduation from 8th grade*
- Equipment – fins, kickboard, paddles, and a water bottle
- Monthly attendance expectation of 90% for proper swimmer growth and development
- *FULL meet and team participation are expected (with emphasis on all Champs level meets). Maroon Elite swimmers ARE automatically committed to swim meets.*

Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership

SENIOR (5-8 practices/week @ 1.5-2 hours/practice)

- Base Level Senior (high school) training and competition group
- **Entrance Requirement:** A legal 100 of all four competitive strokes, 200 IM, and a 500 free. Swimmers may only enter this group AFTER their 8th grade year
- High level of training, work ethic, and maturity; average training yardage of 5000 – 6500 per practice
- Goal meets are Gulf age-specific Champs
- **Focus** is on stroke mechanics and technique, starts, turns, the USA Swimming IMX events, and completing all age available events multiple times per season
- Double practices and Saturday workouts are strongly encouraged when offered
- Drylands are integrated into training for general strength building, fitness, and flexibility
- **Advancement to Pre-National Elite Group:** *Adequate completion of exit level test/training sets determined by the coaching staff, practice and meet attendance, display *internal SWIMMER-driven motivation*, Pre-National Elite coach approval, and current coach recommendation*
- Equipment – fins, kickboard, paddles, pull buoy, and a water bottle
- Monthly attendance expectation of 75%
- *FULL meet participation is expected (with emphasis on all Champs level meets). Senior swimmers ARE automatically committed to swim meets.*

PRE-NATIONAL ELITE (8-10 practices/week @ 2 hours/practice)

- **Senior Elite Training and Performance group**
- **Entrance Requirement:** Based on Pre-National Elite Coach approval, current coach recommendation, present group attendance, test/training set performance, work ethic, and *internal SWIMMER-driven motivation and personal responsibility*.
- All age available events are swum multiple times throughout season
- Athletes are introduced to weight training
- Goal meets are Gulf age-specific Champs, TAGS, and Sectionals
- Members are expected to be at all team functions
- Training, nutrition, recovery, and team responsibility are athlete's primary focus
- **Advancement to National Elite Group:** *1 Sectional cut. Athletes going into the 12th grade may move up if approved by National Elite coach (incredible work ethic, attendance and commitment primary driving factors)*
- Equipment – fins, kickboard, paddles, pull buoy, snorkel, short fins, tempo trainer, and a water bottle
- Monthly attendance requirement of 95%
- *FULL meet and team participation are expected (with emphasis on all Champs level meets). Pre-National Elite swimmers ARE automatically committed to swim meets.*

NATIONAL ELITE (8-10 practices/week @ 2+ hours/practice)

- **The Premier Training and High Performance group of Magnolia Aquatic Club**
- **Entrance Requirement:** Athlete must have National Elite Coach approval, **at least** 1 Sectional cut, and display *intense, internal SWIMMER-driven motivation and personal responsibility*
- Swimmers may move into this group if they meet the current performance times AND exceed training expectations of their current group (*typically* this is after the short course season of their 9th grade year)
- Focus on making Junior National, Senior National and Olympic Trials qualifications
- Supervised and complex strength and conditioning with weights is a critical component of training program, endurance-based free/IM and stroke specialization
- Members are expected to be the leaders of the team in every aspect with participation at all team functions
- Training, nutrition, recovery, and team responsibility are athlete's primary focus
- Equipment – fins, kickboard, paddles, pull buoy, snorkel, short fins, tempo trainer, and a water bottle
- Monthly attendance requirement of over 95%
- *FULL meet and team participation are expected (with emphasis on all Champs level meets). National Elite swimmers ARE automatically committed to swim meets.*

Advancement to next group based mainly on current coach's discretion. However, advancement is also based off of meeting current group attendance expectation, work ethic throughout season during practices, test set performance, social and physical maturity, and leadership