

Grand Ledge Swim Club Training Level I

Discovery: Building Block Level

The Discovery group is just beginning to enter into a **competitive swimming environment**. Practice for the Discovery group is **2-3 times a week** with a strong emphasis on freestyle/backstroke technique and development while building confidence in the water.

A Discovery swimmer has **completed an adequate number of swim lessons** to demonstrate comfort and strength in the water.

A **DISCOVERY** swimmer should (pre-requisite):

- Easily complete (non-stop) a 25-yard freestyle with face in water
- Demonstrates rhythmic breathing without breaking stroke rhythm
- Comfortably complete a 25-yard backstroke

A **DISCOVERY** swimmer will be introduced to and master:

- ✓ Lane etiquette and circle swimming
- ✓ Streamline positioning with head down and kicking off wall
- ✓ Proper wall push-off/start – knees up, fall back, streamline
- ✓ Resting and spacing between swims and swimmers
- ✓ Digital clock terminology – “bottom” and “top”
- ✓ Counting strokes for backstroke finishes and turns
- ✓ Basic idea of flip turns – flip, streamline
- ✓ Comfort with head-first diving entry from side of pool or blocks

A DISCOVERY swimmer will move on to the next group when the coach feels expectations have been met.

Discovery swimmers are encouraged and expected to participate in all club dual meets, as well as at least one USS meet.



While these are guidelines for each group training level, swimmers will be placed or moved based on coach's discretion.

Grand Ledge Swim Club Training Level II

Explorer: Building Block Level

The Explorer group is **building** on their competitive swimming knowledge and skills from the Discovery group. Practice for the Explorer group is **2-3 times a week** with a strong emphasis on breaststroke/butterfly technique and gaining strength in the water.

An **Explorer** swimmer has met *Discovery group requirements* or has completed an adequate number of swim lessons to show swimmer readiness.

An **EXPLORER** swimmer will be introduced to and master:

- ✓ Butterfly and breaststroke rules, form, and technique
- ✓ Breaststroke kick – “up, out, and around”
- ✓ Butterfly skills – both feet stay together and arms are synchronized, kick from hips
- ✓ Arms have high elbows under water for breaststroke; over water for butterfly
- ✓ 2-hand touches on finishes and open turns for fly/breast
- ✓ Digital clock understanding of a variety of intervals
- ✓ Strengthen flip turn exit with streamline position and kick
- ✓ Demonstrate standing dive from blocks with head first entry

An **EXPLORER** swimmer will move on to the next group when the coach feels expectations have been met.

Explorer swimmers are expected to participate in all club dual meets, as well as at least one USS meet.



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Grand Ledge Swim Club Training Level III

Competitor: Endurance and Speed Level

The **Challenger** group builds on the skills, techniques, and strength gained from *Training Levels I and II*. The Challenger group practices **2-3 times per week** with a focus on improving stroke technique, building intensity, and endurance.

A **Challenger** swimmer is developing in strength and has a good understanding of all four competitive swimming strokes. This swimmer continues to focus on proper stroke technique, is building and maintaining competitive endurance levels, and is maturing as a well-rounded competitive swimmer.

A **CHALLENGER** swimmer will be introduced to and master:

- ✓ Practices for strength, speed, and building yardage
- ✓ Timed sets with intervals using the clock to determine rest
- ✓ Open turns for breast/fly with 2-hand touches and breast pull-out
- ✓ Recognizing their own best times – know their 50 free time
- ✓ Lane etiquette terminology “drafting” and “passing”
- ✓ Backstroke flag count for turns and finishes
- ✓ Fast pace into and break-out off walls and free/back turns
- ✓ Competitive diving start with streamline to flags (or beyond)

A **CHALLENGER** swimmer will move on to the next group when the coach feels expectations have been met.

Challenger swimmers regularly compete in club dual meets and as many USS meets as possible while beginning to take notice of the USS time standards.



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Grand Ledge Swim Club Training Level IV

Comets: Competitive Level

The **Comets** group continues to build on strength training, speed, and skills mastered in previous training levels or comparable swimming experience. The Comets practice **3-4 nights a week** and includes dry land aerobic activities, intense swimming conditioning, refining strokes/starts/turns, and maintaining an aerobic endurance level of high quality swimming.

A **Comet** swimmer comes to practice with a high level of commitment, energy, and enthusiasm for swimming. This swimmer shows dedication in practice with a positive attitude towards the sport, leadership of the team, and a desire to continually improve their abilities and times. Comet swimmers participate in USS meets and have an awareness of the USS time standards and expectations.

A **COMET** swimmer will continue practicing and developing:

- ✓ Practices for building strength and speed – increasing yardage
- ✓ Stroke technique with specific drills to meet individual needs
- ✓ Maintaining stroke strength and form for longer durations
- ✓ Distinguish training phases and expectations – building base, sprint and distance sets, tapers
- ✓ Multiple timed sets with benchmark swims: timed 500, 6x100s @ 5:00, 12x50s @ 2:00
- ✓ Turns are efficient and quick with streamlines and kicking in and out of turns
- ✓ Competitive diving starts with tight streamline beyond flags and under water kick

Comet swimmers regularly compete in club dual meets and as many USS meets as possible. Comet swimmers are aware of their best times for each events and time standards needed to reach their swimming goals.



While these are guidelines for each group training level, swimmers will be placed or moved based on coach's discretion.