

Practice Group Descriptions

- Gator** - These are our introductory group. These groups consists mostly of 1st year 8 and under swimmers just learning basic stroke mechanics. Practice is in the evening only from 6:25 - 7:00 PM.
- White** - The white group is designed for swimmers in their first years on a team who have some knowledge of all swim strokes. This group will be working on mechanics of all four strokes and introductory of turns. Practice will be from 6:50 - 7:40 PM. When morning workouts begin, this group will also have the option of swimming two mornings a week from 8:45 - 9:30 AM.
- Green** - This group is geared toward swimmers who have good working mechanics in all 4 strokes. The green group will begin endurance training as well as technical instruction. Practice time will be 6:50 - 7:40 PM. Green group swimmers will also have the option of swimming two mornings a week from 8:45 - 9:30 AM once morning practices begin.
- Silver & Gold** - These groups are set up for swimmers who have mastery of all four strokes and turns. There is more emphasis on endurance and speed training than in previous introductory levels. However, stroke mechanics are still emphasized in each practice. Practice time will be 7:25 - 8:35 PM. Silver & Gold group swimmers have the option of swimming 7:50 - 8:45 AM two mornings per week once morning sessions begin.