

Practice Group Descriptions

- Gator** - This is our introductory group that practices in lanes 1 and 2. This group consists mostly of 1st year, 8 and under swimmers just learning basic stroke mechanics. They are comfortable in the water and can swim unassisted. Practice is in the evening only from 6:25 - 7:00. In order to participate in swim meets, swimmers in this group must be able to swim the entire length of the pool without assistance and without taking rests on the lane line or wall.
- White** - The white group is designed for swimmers who are in their first few years on a team and who have some knowledge of all swim strokes (they swim in lanes 1, 2 and 3). 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 morning workouts from 8:15 - 9:00.
- Green** - This group is geared toward swimmers who have good working mechanics in all 4 strokes (they swim in lanes 4, 5, and 6). 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 morning workouts from 8:15 - 9:00 once morning practices begin.
- Silver** - These groups are set up for swimmers who have mastery of
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Gold 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 7:45 am - 8:40 am, once morning sessions begin.