

UAC TRAINING GROUPS



It is the goal of the University Aquatic Club to offer age and ability-specific training for our athletes geared towards challenging and developing each individual to the best of their abilities. The following criteria are guidelines to determine if promotion is appropriate and beneficial for the swimmer. Besides the skill component, the promoting coach will also assess the emotional maturity of the swimmer, and the swimmer's desire. Promotions will be discussed with the swimmer and/or parents.

Pups

The pups program is for swimmers that are new to competitive swimming. New pups must be able to complete 25 yards of freestyle and 25 yards of backstroke unassisted. They must also be able to swim with their face in the water and have the ability to swim underwater. The typical age is 6 to 9 years old. The pups program is designed to introduce young swimmers into the sport of swimming while allowing maximum opportunity to participate in other activities. Emphasis is on teaching the fundamentals of the four strokes by means of drills and games along with racing skills, and practice structure that makes swimming fun. Pups generally practice for 45 to 75 minutes, Tuesday and Thursday. Typical daily yardage is less than 500 yards.

Jonathan 1s (J1s)

The J1 group is for swimmers that are new or relatively new to competitive swimming. J1s must be able to complete 25 yards of freestyle with rotary breathing and 25 yards of backstroke unassisted and have some skill development in breaststroke and butterfly. The typical age is 7 to 11 years old. The J1 program is designed to teach the fundamentals of the four strokes, streamlining, kicking development, flip turns, pace clock, workout etiquette, swimming competition rules and racing dives. Practices focus on correct stroke technique drills, conditioning exercises and team development. J1s are expected to swim in recreational team swim meets. J1s generally practice for 60 to 90 minutes, Tuesday, Thursday with an option to attend Friday. Typical daily yardage is 500 to 1800 yards.

Jonathan 2s (J2s)

The J2 group is for swimmers with some swim team experience that are capable of swimming all four racing strokes legally and are ready to learn more advanced stroke techniques. Swimmers in this group know all 4 strokes, but are not quite proficient in all of them. The goal of this group is to become proficient in all 4 strokes. They will continue improving technique, conditioning, and developing competitive race strategy. They are familiar with the sport and are ready to take on more challenges. Moderate aerobic conditioning is introduced for fitness and racing improvement. Technique and fun are emphasized. J2 swimmers must be able to swim a legal 200 yard Freestyle with appropriate turns. The typical age is 8 to 12 years old. J2s are expected to swim in recreational team swim meets. J2s generally practice for 1.5 hours, Monday, Wednesday and Friday with an option to attend some Saturday practices. Typical daily yardage is 1500 to 2500 yards.

Jonathan 3s (J3s)

The J3 group develops advanced age-group swimmers. Practices are now more challenging; they build a training base for competition and a progression to the Husky program. Stroke work is enhanced. J3 swimmers practice for 1.5 hours, 3 to 4 times weekly. Conditioning becomes a more



important factor in workouts. Team camaraderie and sportsmanship are emphasized. The swimmer should be able to swim a legal 200 yard IM and 500 yards of Freestyle with appropriate turns. The typical age is 10 to 14 years old. J3s are expected to swim in recreational team swim meets and some USS swim meets. J3s generally practice for 1.5 hours, Monday, Wednesday and Friday with an option to attend Saturday practices. Typical daily yardage is 2000 to 4000 yards.

Husky 1s (H1s)

The H1 group is a transitional level in which swimmers move to increased training and competition. Daily practice attendance is highly encouraged and yardage is greatly increased as swimmers prepare for senior-level training and competition. The objective of the group is to learn the fine points of competitive swimming, as well as short and long term goal setting and race strategies. H1s will begin regular dryland training which includes abdominal exercises, work with medicine balls and stretch cords, and running. To qualify for this group a swimmer must have a solid foundation of all four strokes, knowledge in team drills, an ability to train aerobically, and a solid work ethic. The swimmer should be able to swim a legal 1000 yard Freestyle with appropriate turns. The typical age of H1s is 13 years and over. Typical daily yardage ranges from 4000 to 6000 yards.

Husky 2s (H2s)

The H2 group is our most accomplished training group. H2s have varied personal goals, and training is designed around those goals in a team-structured environment, all the while working to develop swimmers to their maximum potential. These swimmers are preparing for state-wide, regional, and national-level competitions. Their training is demanding, and the swimmers are expected to have an 85% or higher practice attendance. Prerequisites for the H2 group require all swimmers to be able to swim 200's of each stroke, a 400 IM, and a 1650 free. H2 practices are generally held 6 days per week with occasional Sunday or morning practices. H2s also have regular dryland training and constantly work on their strength and conditioning. The typical age of H2s is 15 years and over. Average workout distances will be from 5000 to 8000 yards.

Note:

For all groups and for all swimmers their progression to the next group must be looked at carefully by their coaches. They must show good work ethic in the groups they are currently in and also show a maturity level that is consistent with the workload imposed by the next group. It is at the coaches' discretion as to whether a swimmer is physically and emotionally prepared to move to the next group.