

CYAC Practice Groups: 2009-10 Season

8 & Under: For 7 and 8 year olds and more mature 6 year olds – Practices emphasize technique and skill development in all areas of competitive swimming. Prospective swimmers should have experience in at least three of the four competitive strokes and be able to swim the length of the pool in at least two of the four strokes to be ready for this group.

Junior 1: This group includes 9 to 11 year olds and concentrates on technique and the beginnings of energy system training in an age-appropriate manner. Included is dryland training for general strength, flexibility and coordination. This group can be appropriate for 11 year olds who are not ready to advance to the next level.

Junior 2 (11 – 13 year olds): Practice will be similar to the traditional 11 – 12 age group with an equal concentration on technique and various energy system training sets. Dryland will also be held more frequently for general strength, coordination, and flexibility. This group may also be the choice for 13 year olds (and some 14 year olds, with the head coach's approval) who want to stay serious about their swimming but are not ready to advance to the Senior group.

Senior: This group includes 13 and over swimmers at a BB or better level, who have a more serious commitment to swimming. Training in all energy systems will be emphasized with a continued emphasis on technique at a more advanced level. 4 or more practices per week will be expected of each member of this group.

Senior/High School Prep: A fall season offering, this program will prepare swimmers for the winter high school season, with both stroke technique instruction and aerobic conditioning. This clinic can be a stepping stone to either our Senior group or the Junior 2 group. Enrollment for this program is separate from CYAC team registration.

- *Please check directly with Doc if you have any questions about the right group for your swimmer!*