

## **Hillsborough Aquatic Club Group Information**

**Short Course Season September 7<sup>th</sup>, 2010 through April 2011**

### **Groups**

#### **Black Group Pre-Competitive (Ages 5 and up)**

This group is designed for younger swimmers with basic skills who are not quite ready for swim team. Emphasis is placed on teaching early skills for proper swimming in an exciting and safe environment. All four competitive strokes will be introduced as well as starts and turns. This is a great group for young swimmers wishing to transition into year-round swimming.

Participation in swim meets is optional for swimmers in this group.

#### **Red Group (Age Group I) (Ages 12 and under)**

This group is intended for swimmers that are new to competitive swimming. Emphasis is placed on technique improvement for all four competitive strokes as well as starts and turns. Students are encouraged to attend a minimum of 3 out of the 5 offered practices each week.

Participation in meets is highly encouraged.

#### **Blue Group (Age Group II) (Ages 12 and under)**

This group has been designed for swimmers that have developed their skills and training habits beyond Red Group level. Emphasis will be placed on further developing stroke techniques, increasing endurance, and race planning. Swimmers are encouraged to attend 3-5 practices a week.

Participation in meets is highly encouraged.

#### **Senior Group (Ages 13 and up)**

This group is offered to high school- aged swimmers who show a strong commitment and interest in the sport of swimming. Swimmers are encouraged to attend all weekly practice offerings. Emphasis is placed on improving training, endurance, an understanding of proper stroke techniques, and race all of which combine to result in fast swimming.