



This is an entry-level developmental group where the focus is placed on ensuring that athletes are having fun, forming strong team bonds, developing strong fundamental skills in all four competitive strokes, building a great kicking foundation, and learning the basics of strong racing skills.

Evaluation Guidelines

Only swimmers ages 6-9 will be evaluated for the White group.

Requirements to enter White Group

Swimmers must be able to complete each of the following:

- Swim 25 yards of continuous freestyle demonstrating a basic concept of rotary breathing and good balance in the water
- Swim 25 yards of continuous backstroke demonstrating good balance in the water
- Swim 25 yards of breaststroke or Butterfly
- Perform 50 yards of strong flutter kick with or without a kickboard

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend a minimum of 2 - 3 practices per week.

Meet Attendance

Swimmers are encouraged to attend at least 3 YMCA meets throughout the season.

Goals of the White group

By the time swimmers move out of the White group they should be able to complete all of the following:

- Understand and demonstrate the YMCA's 4 core character values
- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate a strong technical understanding of all four competitive strokes and turns
- Demonstrate a strong technical understanding of forward and backward racing starts
- Demonstrate a strong understanding of legal turns in all 4 competitive strokes and I.M.
- Demonstrate consistency in going at least 5 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate an ability to read the pace clock and understand basic intervals
- Achieve a legal time in the following events in either a YMCA or USA Swimming competition – 50 freestyle, 50 backstroke, 25 or 50 breaststroke, 25 or 50 butterfly, 100 individual medley

Swimmers ages 11 and older that have not successfully demonstrated all of the goals of the White group should enroll in either the YMCA Development Program, Stroke Clinic, or Swim Lesson program.



This is a competitive training group aimed at developing advanced technical skills and a strong aerobic foundation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport. The training emphasis of this group is centered on continuing to develop strong technical skills in all four strokes, starts, turns and underwater work, as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season.

Evaluation Guidelines

Only swimmers ages 8-11 will be evaluated for the Blue Jr.1 group. Swimmers who will turn 8 within 2 months of the evaluation date may be evaluated at the discretion of the coaching staff.

Requirements to enter the Blue Jr.1 Group

To be considered for placement into Blue Jr.1, swimmers must first be able to complete the *goals of the White Group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 5 x 50 Free with flip-turns on 1:20 (SCY)
- 4 x 50 Choice Kick on 1:40 (SCY)
- 6 x 25 on :45 (SCY) – 2 Butterfly, 2 Backstroke, 2 Breaststroke
- Swimmers moving up from the White Group must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 50 Freestyle, 50 Backstroke, 25 or 50 Butterfly, 25 or 50 Breaststroke, and 100 Individual Medley
- Swimmers new to the team who are placed in the Blue Jr1 Group must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 50 Freestyle, 50 Backstroke, 25 or 50 Butterfly, 25 or 50 Breaststroke, and 100 Individual Medley

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend 3 - 4 practices per week.

Meet Attendance

Swimmers are expected to participate in at least 3 YMCA meets during the winter season, as well as the highest level YMCA championship meet they are qualified for at the end of each season.

Goals of the Blue Jr.1 Group

By the time swimmers move out of the Blue Jr.1 group they should be able to complete all of the following:

- Achieve an Iowa YMCA State Qualifying time standard in at least 2 different strokes
- Demonstrate a mastery of the track start and backstroke start
- Demonstrate consistency in going at least 7 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Achieve a legal time in the following events in either a YMCA or USA Swimming competition – 100 Freestyle, 100 Backstroke, 50 or 100 Breaststroke, 50 Butterfly, 100 Individual Medley, 200 Freestyle
- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate consistent practice attendance (3 out of 4 practices per week)



The emphasis of the Black Jr.1 group will be on increasing aerobic capacity through increased kicking and swimming volume and intensity, continuing to enhance stroke mechanics and underwater kicking ability, and mastering concepts related to race strategies, proper nutrition, goal setting, and mental preparation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport. Swimmers will participate in a dryland program to help develop core body strength, basic strength in the shoulders and legs, and overall body control and coordination.

Evaluation Guidelines

Only swimmers ages 9-11 will be evaluated for the Black Jr.1 group.

Requirements to Enter Black Jr.1

To be considered for placement into the Black Jr.1 group swimmers must first be able to complete the *goals of the White/Blue Jr.1 Group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 6 x 50 Free with flip-turns on 1:10 (SCY)
- 4 x 100 IM on 2:20 (SCY)
- 6 x 50 Choice Kick on 1:25 (SCY)
- Swimmers must have achieved an Iowa YMCA State Qualifying time standard in at least two different strokes.
- Swimmers new to the team must have achieved a 9-10 YMCA State or 9-10 USA BB Qualifying time standard in at least two different strokes.
- Achieve a legal time in the following events in either a YMCA or USA Swimming competition – 100 Freestyle, 100 Backstroke, 50 or 100 Breaststroke, 50 Butterfly, 100 Individual Medley, 200 Freestyle

Practice Attendance

Swimmers in the Black Jr.1 group are **strongly encouraged** to attend 4 out of 5 practices offered per week. Athletes who fail to make at least 2 practices per week, evaluated over each month, will be moved to the group that best matches their ability level.

Meet Attendance

Swimmers are expected to participate in at least 3 YMCA meets including relays during the winter season. Swimmers are also expected to attend the highest-level YMCA championship meet they qualify for at the end of the season.

Goals of the Black Jr.1 Group

- Demonstrate consistency in going at least 7 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate an ability and willingness to train and compete in all strokes and distances
- Demonstrate a proven ability to maintain a positive attitude and focus during workout and has an understanding of how their actions affect their teammates
- Demonstrate respect for all members of the coaching staff
- Demonstrate a basic understanding of goal setting skills
- Understand and demonstrate the YMCA's 4 core character values
- Swimmers must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 50 or 100 Butterfly, 100 Backstroke, 50 or 100 Breaststroke, 100 Freestyle, 100 Individual Medley, and 200 Freestyle



This is a competitive training group aimed at developing advanced technical skills and a strong aerobic foundation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport. The training emphasis of this group is centered on continuing to develop strong technical skills in all four strokes, starts, turns and underwater work, as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season.

Evaluation Guidelines

Only swimmers ages 11-13 will be evaluated for the Blue Jr.2 group

Requirements to Enter the Blue Jr2 Group

To be considered for placement into Blue Jr.2, swimmers must first be able to complete the *goals of the Blue/Black Jr1 Group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 8 x 50 Free with flip-turns on 1:20 (SCY)
- 6 x 50 Choice Kick on 1:30 (SCY)
- 4 x 100 IM's on 2:20 (SCY)
- Swimmers moving up from the Blue/Black Jr.1 Group must have achieved a legal time in the following events in either a YMCA or USA Swimming competition – 100 Freestyle, 100 Backstroke, 50 or 100 Breaststroke, 50 Butterfly, 100 Individual Medley, 200 Freestyle
- Swimmers new to the team who are placed in the Blue Jr.2 Group must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 100 Freestyle, 100 Backstroke, 50 or 100 Breaststroke, 50 Butterfly, 100 Individual Medley, 200 Freestyle– within 3 months of joining the program.

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend 4 - 5 practices per week.

Meet Attendance

Swimmers are expected to participate in at least 3 YMCA meets during the winter season, as well as the highest level championship meet they are qualified for at the end of each season.

Goals of the Blue Jr.2 Group

By the time swimmers move out of the Blue Jr.2 group they should be able to complete all of the following:

- Achieve an Iowa YMCA State Qualifying time standard in at least 2 different strokes
- Demonstrate a mastery of the track start and backstroke start
- Demonstrate consistency in going at least 7 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Achieve a legal time in the following events in either a YMCA or USA Swimming competition – 100 Freestyle, 100 Backstroke, 100 Breaststroke, 100 Butterfly, 200 Individual Medley.
- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate consistent practice attendance (3 or more practices per week)



This is a competitive training group designed to prepare swimmers for state and regional levels of competition. The emphasis of the Black Jr.2 group is on mastering the following skills necessary to be successful competitive swimmers – training etiquette, advanced stroke mechanics, training and race strategies, goal setting, proper nutrition, mental preparation, and the ability to handle increasing training workloads. Swimmers will participate in a dryland program to help develop core body strength, basic strength in the shoulders and legs, and overall body control and coordination.

Requirements to Enter the Black Jr.2 Group

To be considered for placement into the black Jr.2 group swimmers must first be able to complete the *goals Blue Jr.1/2 or Black Jr.1 group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 6 x 100 Free on 1:35 (SCY)
- 6 x 100 IM on 2:00 (SCY)
- 8 x 50 Choice Kick on 1:10 (SCY)
- Swimmers entering the Black Jr.2 group from either the Blue Jr.1/2 or Black Jr.1 groups must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, and 500 Freestyle.
- New swimmers placed into the Black Jr.2 group must achieve a legal time in either YMCA or USA Swimming competition in the following events within 3 months of joining the program – 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, and 500 Freestyle

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend 4-5 offered per week. Athletes who fail to make 3 practices per week, evaluated over each month, may be moved to the group that best matches their ability level.

Meet Attendance

Swimmers are strongly encouraged to attend at least 3 YMCA meets including relays during the winter season, in addition to the highest-level YMCA championship meet they qualify for.

Goals of the Black Jr.2 Group

- Achieve an Iowa YMCA State Qualifying time standard in at least 2 different strokes, and one YMCA Regional Qualifying time standard.
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate an ability and willingness to train and compete in all strokes and distances
- Demonstrate a proven ability to maintain a positive attitude and focus during workout and has an understanding of how their actions affect their teammates
- Demonstrate respect for all members of the coaching staff
- Demonstrate a basic understanding of goal setting skills
- Understand and demonstrate the YMCA's 4 core character values
- Swimmers must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 200 Freestyle, 200 Backstroke, Breaststroke or Butterfly, 100 Butterfly, 100 Breaststroke, 200 Individual Medley, and 500 Freestyle



The emphasis of the Blue Sr. group will be on increasing aerobic capacity through increased kicking and swimming volume and intensity, continuing to enhance stroke mechanics and underwater kicking ability, and mastering concepts related to race strategies, proper nutrition, goal setting, and mental preparation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport.

Requirements to Enter the Blue Sr. Group

To be considered for placement into the Black Sr. group, swimmers must first be able to complete the *goals of the Black Jr.2 or Blue Sr. Group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 6 x 100 Free on 1:45 (SCY)
- 6 x 100 IM on 2:10 (SCY)
- 8 x 50 Choice Kick on 1:10 (SCY)
- Swimmers entering the Blue Sr. group from either the Blue Jr.2 or Black Jr.2 groups must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, and 500 Freestyle.
- New swimmers placed into the Blue Sr. group must achieve a legal time in either YMCA or USA Swimming competition in the following events within 3 months of joining the program – 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, and 500 Freestyle.

Practice Attendance

Swimmers are encouraged to attend a minimum of 4 practices per week.

Meet Attendance

Swimmers are expected to attend at least 3 YMCA dual meets during the winter season and the highest-level YMCA championship meet that the swimmer qualifies for.

Goals of the Blue Sr. Group

The primary goal of the Blue Sr. group is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to move into our Black Sr. and Gold group. When swimmers move out of the Blue Sr. group they should be able to complete the following:

- Achieve an Iowa YMCA State Qualifying time standard in at least two different strokes
- Demonstrate the highest possible commitment to practice attendance (4 per week)
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff
- Demonstrate the YMCA's 4 core values and show willingness to work together as a team in reaching for the highest level of individual and team performance possible



This is a highly competitive training group designed to prepare swimmers for state and regional levels of competition. The emphasis will be on increased aerobic conditioning, skill development, and the physical, mental and emotional preparation required for eventual placement in the Gold group. This group will focus on issues such as advanced stroke mechanics, perfecting race strategies, proper nutrition, individual goal setting and developing an understanding of the importance of proper mental preparation. Training will include a specifically designed dry-land conditioning program.

Requirements to Enter the Black Sr. Group

To be considered for placement into the Black Sr. group, swimmers must first be able to complete the *goals of the Black Jr.2 or Blue Sr. Group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 8 x 100 Free on 1:25 (SCY)
- 4 x 300 Free on 4:00 (SCY)
- 6 x 200 IM on 3:20 (SCY)
- 8 x 100 Choice Kick on 2:00 (SCY)
- Swimmers must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle.

Practice Attendance

Swimmers are **strongly encouraged** to attend a minimum of 4 practices per week. Athletes who fail to make 3 practices per week, evaluated over each month, will be moved to either the Black Jr.2 or Blue Sr. group depending on their age.

Meet Attendance

Swimmers are expected to attend at least 3 YMCA dual meets including relays during the winter season and the highest-level championship meet that the swimmer qualifies for. Focus meets for this group during the season are the YMCA State and Regional Swim Meets.

Goals of the Black Sr. Group

The primary goal of the Black Sr. group is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to move into our Gold group. When swimmers move out of the Black Sr. group they should be able to complete all of the following:

- Achieve YMCA State Qualifying time standards in 3 individual events and 2 YMCA Regional Qualifying time standards in two different strokes.
- Demonstrate the highest possible commitment to practice attendance (5 per week)
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate a commitment to attending all meets prescribed by the coaching staff
- Demonstrate a commitment to attending all dry land sessions offered
- Demonstrate a commitment to balance academics with swimming, striving for excellence in both
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff
- Demonstrate the YMCA's 4 core values and show willingness to work together as a team in reaching for the highest level of individual and team performance possible
- Demonstrate the mental skills necessary to succeed at a national level of competition



This is a high-performance training group designed to prepare swimmers for regional and national levels of competition. The emphasis will be on increased aerobic conditioning, as well as the physical, mental and emotional preparation required for high level competition. This group will focus on issues such as advanced stroke mechanics, training of specific energy systems, perfecting race strategies, proper nutrition, individual goal setting, team goal setting, and developing and understanding of the importance of proper mental preparation for high performance. Training will include a specifically designed dryland strength and conditioning program.

Requirements to Enter Gold Group

Swimmers will enter the Gold group only upon invitation from the coach. Swimmers must first be able to complete the goals of the Black Sr. Group. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 10 x 100 Free on 1:10 (SCY)
- 4 x 400 Free on 5:00 (SCY)
- 8 x 200 IM on 3:00 (SCY)
- 10 x 100 Choice Kick on 1:50 (SCY)
- Swimmers must have achieved 2 YMCA Regional Qualifying time standards for different strokes
- Swimmers must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle.

Practice Attendance

Swimmers are **required** to attend a minimum of 5 practices per week. Attendance of morning practices will be at the discretion of the Gold group coach, and morning workouts **will not** act as a substitute to afternoon and Saturday morning workouts in fulfilling an athlete's attendance requirement. Athletes who fail to meet this requirement, evaluated over each month, will be moved to the Black Sr. group.

Meet Attendance

Swimmers are expected to attend all meets prescribed by the Gold group coach including the highest-level YMCA championship meet that the swimmer qualifies for. Focus meets for this group during the season are YMCA Regionals and Short-Course YMCA Nationals.

Goals of the Gold Group

The primary goal of the Gold group is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to transition into collegiate swimming. Within Gold group swimmers should be able to complete all of the following:

- Achieve at least 1 YMCA Short-Course National Championship qualifying standards
- Demonstrate the highest possible commitment to practice attendance (8 per week)
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate a commitment to attending all meets prescribed by the coaching staff
- Demonstrate a commitment to attending all dry land sessions offered
- Demonstrate a commitment to balance academics with swimming, striving for excellence in both
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff
- Demonstrate the YMCA's 4 core values and show willingness to work together as a team in reaching for the highest level of individual and team performance possible
- Demonstrate the mental skills necessary to succeed at a national level of competition