

New RAC Structure/Group Requirements

ELITE

Objective: To enable athletes to compete at the highest level possible. Swimmers will be expected to have the highest level of commitment and motivation to compete at the State and National levels. Swimmers will be preparing for the Senior Open, Sectional, and National level championship meets.

Practice Requirements: Swimmers must attend at least 7 practices per week with the goal of attending 8-9 on a regular basis. Swimmers must have mastered the fundamentals of all 4 strokes.

Required Training Intervals to Enter Elite

Timed 3000 freestyle (or equivalent training set) average of 1:20/100 meters
10 x 200 IM's @ 3:00
15 x 100's Freestyle and Primary stroke kick @ 1:50
8 x 200's best stroke @ 3:20 for breaststroke; butterfly/backstroke @ 3:00

Other:

Minimum Age: 13 years old
Maintain 80% attendance of all practices
Placement into Elite is also based on recommendation of the coaches.

EXTREME

Objective: To introduce advanced technical skills with approximately 50% emphasis placed on race preparation and endurance training. Swimmers in this group are preparing to swim at the Elite level while improving skills and conditioning. Swimmers in this group will compete at Age Group, Zone and Senior Open Championships.

Practice Requirements: Swimmers must attend 5 practices per week with the goal of attending 6 practices per week. Swimmers must have mastered the fundamentals of all 4 strokes.

Required Training Intervals to Enter Extreme

Kicking: Free – 100's @ 2:00 → up to 1500m
Breast or Fly – 100's @ 2:00 → up to 500m
Free: 100's @ 1:35 → up to 3000m
Back: 100's @ 1:45 → up to 2000m
Breast: 100's @ 2:00 → up to 800m
Fly: 100's @ 2:00 → up to 1000m
IM: 100's @ 1:45 → up to 1000m

Other:

Minimum Age: 11 years old
Maintain 80% practice attendance
Streamlines past flags automatically
Can read clock (prescription goggles if needed)
Placement into Extreme is also based on recommendation of the coaches

PREMIER

Objective: To continue to improve fundamental skills and conditioning. This group is designed for 13/O swimmers who are working to either (a) improve their training, speed and endurance to move to Extreme; or (b) stay in shape to continue to compete at Regional and Age Group Championships as well as High School Swim Meets.

Practice Requirements: Swimmers who want to swim at the Elite level or be competitive at championship meets are encouraged to attend 5 practices per week.

Other:

Minimum Age: 13 years old
Must be able to complete 400 meter freestyle proficiently
Must be able to legally swim 100 meters of all 4 strokes

PERFORMANCE

Objective: To continue to refine competitive swimming skills while introducing basic training sets with an emphasis on competing well at the Regional, Age Group and Zone Championships.

Practice Requirements: Swimmers are encouraged to attend 3-4 practices per week.

Other:

Maximum age: 12 years old
Must be able to swim legal 200 IM and 200 freestyle
Be able to demonstrate proficient competitive starts and turns

POWER UP

Objective: To become proficient in the basic fundamentals of competitive swimming and gain an understanding of the sport of competitive swimming. Swimmers in this group are preparing to compete at Regional and Age Group Championships.

Practice Requirements: Swimmers are encouraged to attend 3 - 4 practices per week. Swimmers in this group must be able to legally complete 25 meters of butterfly, backstroke, breaststroke, and freestyle. The swimmer must also be able to complete 50 meters of freestyle and backstroke and have a basic understanding of competitive starts and turns.

Other:

Maximum age: 11 years old

Must be proficient in all 4 competitive strokes

OLYMPIC WAY

Objective: To refine stroke skills and teach the basics of competitive swimming in two 45-minute practices per week. Swimmers do not compete in USA Swimming meets. Sessions are 10 weeks long.

Other:

Maximum age: 10 years old

Must be able complete 25 meters of freestyle and backstroke without stopping