

WRAT Swim Groups

In order to ensure that your swimmer gets placed with swimmers of similar abilities and ages – and, that they get as much as she/he can out of our program -- our coaches will personally place your swimmer in the appropriate swim group. When you sign up your child you can suggest what level your child should be in based on our level description below. After the first week of practice/trials, we will finalize where each swimmer will be placed. If you need to talk to coach Wagner da Silva (wagnerdasilva@verizon.net) to discuss what level your child should be in please contact him via e-mail or 335-2318

1 - Discovery – Most swimmers in this level are 6 to 8 years of age. This is our beginner level. Swimmers should have basic swimming skills; front float, back float and able to put face in water as they swim. Swimmers will be given hands on instruction with the focus of learning the fundamentals of freestyle and backstrokes and we will introduce starts, and turns. Swimmers in this group are not required to go to meet. We expect parents to help run our home meets. If your child is ready to swim meets the coaches will encourage them to swim in it as well.

2 – Exploration - Most swimmers in this level are 7 to 9 years of age. This is also a beginning level. Swimmers that are 8 & under in this level must have advanced skills in the freestyle and backstroke with a continuous flutter kick. In this level we will keep improving free and backstrokes and we will teach fly and breast strokes as well as flip turns and starts. Families and swimmers are required to participate and help run our home meets. Swim meets in general are not required for the level besides home meets but they are very much encouraged by the coaching staff. We also expect swimmers in this group to participate in the conference meet in February.

3 - Imagination – Most swimmers in this level are 8 to 10 years of age. Swimmers at this level should have a well-developed 4 strokes and have the stamina to keep up with the group. They must be able to swim the 100 Individual Medley (IM) legal. Coaches recommend that every swimmer in this level practice at least 3 practices per week. Families and swimmers are required to participate and help run our home meets. Swim meets in general are not required for the level besides home meets but the coaching staff is expecting swimmers to participate in at least one meet per month as well as the conference meet in February, the sectional meet and the state meet (if swimmers have cuts.)

4 - Challenge – Most swimmers in this level are 11-12 years of age. To be in this group swimmer should commit to 3 practices per week. Coaches recommend that every swimmer in this level practice at least 3 practices per week. Swimmers in this group must be able to swim 6x100 free on 2:15 (interval) and the 200 free under 4:00. Families and swimmers are required to participate and help run our home meets. Swim meets in general are not required for the level besides home meets but the coaching staff is expecting swimmers to participate in at least one meet per month as well as the conference meet in February, the sectional meet and the state meet (if swimmers have cuts.)

5 - Performance – Most swimmers in this level are 11 to 13 years of age. To be in this group swimmer should commit to 4 practices per week. Coaches recommend that every swimmer in this level practice at least 4 practices per week. Swimmers in this group will be able to swim 8x100 free on 1:40 (interval) and the 200 free under 3:30. Families and swimmers are required to participate and help run our home meets. Swimmers in this level are expected to participate in all the meets assigned to this group and there are also expected to participate in at least one meet per month as well as the conference meet in February, the sectional meet and the state meet (if swimmers have cuts.)

6 - High Performance – Most swimmers in this level are ages 13 & over. Swimmers in this level must be able to maintain a 1:20/1:30 free interval for 8x100's in a descending time progression or swim a 500 free in 6:30 to 7:00. Swimmers in this level are expected to attend all practices offered. Swimmers must have the will to train and compete in a constant basis. Most swimmers in this level should be focusing in placing at state and zones. Families and swimmers are required to participate and help run our home meets.

7 - Select – *Most swimmers in this level are ages 14 & over. Swimmers in this level must be able to maintain a 1:20 free interval for 8x100's in a descending time progression or swim a 500 free in 6:15. Swimmers in this level are expected to attend all practices offered, including morning practices before school starts. Swimmers must have the will to train and compete in a constant basis. Most swimmers in this level should be focusing in placing top 8 at state, qualifying for zones as well as Speedo and National meets. Families and swimmers are required to participate and help run our home meets.*

8- High School Fitness – Most swimmers in this level are ages 13 & over. Swimmers can swim all four strokes and their related starts and turns as well as understands interval training. Swimmers must be able to swim 500 free. Recommended practice attendance is a minimum of 4 practices per week. Families and swimmers are required to participate and help run our home meets. Swim meets in general are not required for this level besides home meets but the coaching staff is expecting swimmers to participate in at least one meet per month as well as the conference meet in February, the sectional meet and the state meet (if swimmers have cuts.)

* The ages in within each level are just a map for the coaches to place swimmers in such level. There will always be an exception or two and the coaches will have the final say regarding what level each swimmer will be placed.

**WRAT offers 1 home meet for each of our major swim sessions: 1 in Fall, 1 in Winter, and 1 in Spring/Summer. Total of 3 home meets per year.