

Woodstock Dolphins Training Groups

Woodstock Dolphins training groups are based on practice and meet performance. Swimmers will be placed in practice groups based upon the swimmers practice ability and meet performance. An overview of the practice groups;

Developmental Group – swimmers are able to complete one length of the pool. Focus is on developing legal technique in all four competitive strokes, dive starts, and an understanding of USA Swimming rules and regulations.

Competitive Group – swimmers have successfully demonstrated their ability to swim all four competitive strokes, but are still focusing on developing technique. Focus in on stroke efficiency, competitive starts and competitive strategies.

Championship Group – swimmers have demonstrated mastery in all four competitive strokes and developed a high level of aerobic conditioning allowing them to attain highly competitive practice and meet times. These swimmers have demonstrated a strong commitment to the team through required attendance. Focus is on stroke refinement, advanced training techniques and competitive strategies.

National Group - swimmers have demonstrated the ability to attain nationally ranked time standards.

A detailed description of the practice groups follows including further breakdown of each group into levels and the requirements to advance to the next level. The criteria listed are entrance requirements for that level.

Developmental I (DI)

- ❖ Focus:
 - Learn to swim
 - Basic stroke technique for freestyle and backstroke
- ❖ Training Requirements:
 - None
- ❖ Required equipment:
 - Suit
 - Cap (optional)
 - Goggles
- ❖ In the developmental group the swimmers will be taught basic stroke fundamentals. Once a swimmer has mastered the basics of freestyle and backstroke they will advance to DII practice group.

Developmental II (DII)

- ❖ Focus:
 - Stroke development
 - Basic stroke technique for all four competitive strokes; freestyle, backstroke, breaststroke and butterfly
 - Technique for starts and turns
 - Understanding of USA Swimming rules and regulations
- ❖ Training Requirements:
 - 25 yds freestyle with side breathing
 - 25 yds backstroke
- ❖ Required equipment:
 - Suit
 - Cap (optional)
 - Goggles
- ❖ In this group the swimmers will be taught the basics of the four competitive strokes. The swimmers will work on proper breathing techniques, turns and starts. Once the swimmer has shown mastery of these techniques, they will advance to the competition level I.

Competitive Level I (CI)

❖ Focus:

- Stroke fundamentals and technique
- How to compete at swim meets

❖ Training Requirements:

- 50 yds freestyle with flip turn
- 25 yds backstroke
- 25 yds butterfly
- 25 yds breaststroke
- Competitive dive start

❖ Competition Requirement

- none

❖ Required equipment:

- Duffle bag just for swimming gear
- Practice suit
- Cap (optional)
- Goggles
- Fins

- ❖ At this level the swimmers will be introduced to the competitive aspect of swimming. Proper competitive stroke technique will be reinforced and training techniques will be introduced. Once the swimmer has shown mastery in basic competitive techniques over appropriate distance in a race environment, they will advance to competitive level II.

Competitive Level II (CII)

- ❖ Focus:
 - Stroke technique
 - Stroke refinement
 - Endurance training
 - Race strategy
 - Read pace clock during short interval sets

- ❖ Training Requirements:
 - 100 yds free with flip turns
 - 50 yds backstroke with flip turn
 - 50 yds butterfly
 - 50 yds breaststroke

- ❖ Competition Requirements:
 - Must have competed in at least 1 dual meet

- ❖ Required equipment:
 - Duffle bag just for swimming
 - Practice suit
 - Goggles
 - Fins
 - Water bottle

- ❖ Swimmers will be introduced to Percentage of effort training, Personal best times, Race strategies, and Goal setting. Once the swimmer has shown mastery of these training techniques and interval set training, they will advance to competitive level III.

Competitive Level III (CIII)

❖ Focus:

- Stroke technique
- Stroke refinement
- Race strategy
- Endurance training
- Goal setting

❖ Training Requirements:

- Complete following training set; SCY SCM
 - 6 x 50 yds fr @ 1:00 1:05
 - 6 x 50 yds bk @ 1:10 1:15
 - 6 x 50 yds bf @ 1:15 1:20
 - 6 x 50 yds br @ 1:15 1:20
 - 6 x 50 yds kick @ 1:20 1:25

❖ Competition Requirements:

- Must have competed in at least one multi-day invitational

❖ Required equipment:

- Duffle bag just for swimming
- Practice suit
- Cap (optional)
- Goggles
- Fins

- ❖ Swimmers will be introduced to; negative split training, descending time training, breath control, event visualization, and dryland training. At this level the swimmer will be expected to develop into a dynamic swimmer with an understanding of work ethic, self-discipline, sportsmanship and team loyalty. In order to advance to competitive level IV, the swimmer will have to meet rigorous training intervals and meet performance standards, once they have accomplished this they will advance to competitive level IV or championship level I, depending on the swimmers commitment to the sport of swimming.

Competitive Level IV (CIV)

❖ Focus:

- Stroke refinement
- Endurance training
- Race strategy

❖ Training Requirements:

- Meet all CIII requirements
- Complete the appropriate age group training sets
 - 12&U

	SCY	SCM
◆ 4 x 200 IM @	3:45	4:10
◆ 7 X 100 kick @	2:10	2:20
◆ 10 x 100 fr @	1:40	1:50

And any one of the following

◆ 16 X100 fr @	1:35	1:45
◆ 9 x 100 fly @	2:00	2:10
◆ 16 x 100 bk @	1:50	2:00
◆ 16 x 100 br @	2:00	2:10
 - 13 +

◆ 6 x 200 IM 2 @	3:40	4:05
◆ 8 x 100 kick @	2:10	2:20
◆ 12 X 100 fr @	1:35	1:45

And any one of the following

◆ 16 x 100 fr @	1:25	1:35
◆ 12 x 100 fly @	1:50	2:00
◆ 16 x 100 bk @	1:40	1:50
◆ 16 x 100 br @	1:50	2:00

CIV cont.

❖ Competitive Requirement:

- Swimmer has competed in all events offered in their age group and has met the following time standards:

	SCY	SCM	LCM
• 100 fr	1:10	1:17	1:19
• 100 bk	1:25	1:34	1:36
• 100 br	1:35	1:45	1:47
• 100 fly	1:25	1:34	1:36
• 200 IM	2:55	3:14	3:18

❖ Required equipment:

- Duffle bag just for swimming
- Practice suit
- Cap
- Goggles
- Fins
- Water bottle
- T-shirt
- Shorts
- Running shoes

- ❖ Swimmers in this group have attained a highly competitive level of swimming but cannot commit to the attendance requirement of the championship level training.

Championship Level I (CHI)

- ❖ Focus:
 - Stroke refinement
 - Endurance training
 - Race strategy

- ❖ Requirements:
 - Meet all CIV requirements
 - Attend 4 of 5 practices per week
 - Commitment to attaining ISI regional or better time standard

- ❖ Competition Requirements:
 - Meet CIV requirements

- ❖ Required equipment:
 - Duffle bag just for swimming
 - Practice suit
 - Cap
 - Goggles
 - Fins
 - Water bottle
 - T-shirt
 - Shorts
 - Running shoes

- ❖ Swimmers in this group will be expected to work towards achieving their maximum swimming potential with a focus on achieving an ISI regional or better time. They are expected to be team leaders in the water and out.

Championship Level II (CHII)

❖ Focus:

- Stroke refinement
- Endurance training
- Race strategy

❖ Training Requirements:

- Attend 5 of 6 practices per week
- Commitment to attaining state time standard
- Complete the following training sets:

	SCY	SCM
• 6 x 200 IM @	3:20	3:45
• 8 x 100 kick @	2:00	2:10
• 16 x 100 fr @	1:30	1:40

And any one of the following

- | | | |
|------------------|------|------|
| • 20 x 100 fr @ | 1:20 | 1:30 |
| • 20 x 100 bk @ | 1:30 | 1:40 |
| • 20 x 100 br @ | 1:40 | 1:30 |
| • 20 x 100 fly @ | 1:30 | 1:40 |

❖ Competition Requirements:

- Swimmer has competed in all events offered in their age group and has met the following time standards:

	SCY	SCM	LCM
• 100 fr	1:05	1:12	1:14
• 200 fr	2:20	2:35	2:39
• 500/400 fr	6:00	5:13	5:21
• 1000/800 fr	12:00	10:27	10:43
• 1650/1500 fr	19:45	19:44	20:00
• 100 bk	1:15	1:23	1:25
• 100 br	1:25	1:34	1:36
• 100 fly	1:15	1:23	1:25
• 200 IM	2:40	2:57	3:01

CHII cont.

- ❖ Required equipment:
 - Duffle bag just for swimming
 - Practice suit
 - Cap
 - Goggles
 - Fins
 - Water bottle
 - T-shirt
 - Shorts
 - Running shoes

- ❖ Swimmers in this group will be expected to work towards achieving their maximum swimming potential with a focus on ISI state time or better. They are expected to be team leaders in the water and out.

Championship Level III (CHIII)

- ❖ Focus:
 - Stroke refinement
 - Endurance training
 - Race strategy

- ❖ Training Requirements:
 - Attend 5 of 6 practices per week
 - Commitment to attaining junior national time standard
 - Complete the following training set
 - 4 x 400 IM @ 6:00
 - 12 x 100 kick @ 1:50
 - 24 x 100 fr @ 1:20
 - And any one of the following*
 - 24 x 100 fr @ 1:10
 - 24 x 100 bk @ 1:20
 - 24 x 100 br @ 1:30
 - 24 x 100 fly @ 1:20

- ❖ Competition Requirements:
 - Must have achieved at least one individual ISI state time standard

- ❖ Required equipment:
 - Duffle bag just for swimming
 - Practice suit
 - Cap
 - Goggles
 - Fins
 - Water bottle
 - T-shirt
 - Shorts
 - Running shoes

- ❖ Swimmers in this group will be expected to work towards achieving their maximum swimming potential with a focus on zone championships or junior national time. They are expected to be team leaders in the water and out.

National Level I (NI)

❖ Focus:

- Stroke refinement
- Endurance training
- Race strategy

❖ Training Requirements:

- Attend 5 of 6 practices per week
- Commitment to attaining national time standard
- Complete the following training set
 - 4 x 400 IM @
 - 12 x 100 kick @
 - 24 x 100 fr @

And any one of the following

- 24 x 100 fr @
- 24 x 100 bk @
- 24 x 100 br @
- 24 x 100 fly @

❖ Competition Requirements:

- Must have achieved at least one junior national time standard

❖ Required equipment:

- Duffle bag just for swimming
- Practice suit
- Caps
- Goggles
- Fins
- Water bottle
- T-shirt
- Shorts
- Running shoes

- ❖ Swimmers in this group are expected to work toward achieving their maximum swimming potential with a focus on a national level time. They are expected to be team leaders in the water and out.