

# Black Group

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## Prerequisites

In order for a swimmer to advance to the Black Group, they must have accomplished and demonstrated on a regular basis the Yellow Group skills. The swimmer should also be entering the Middle School thru High School years. Walpole coaches will determine whether a child is able to move up to the next level. There is no set timetable on these decisions. We will look at all factors, throughout the season, to make an informed decision. The coaching staff will discuss this process with the parents.

## Overview

The Black Group is the last “ring” before advancing to the senior level. This group will be offered up to 8 practices per week with the recommendation of attending an average of 7 per week during the summer. Any swimmer that enters this group without completing the Walpole developmental program must be close to at least one A Regional Championship cut time. They must also be comfortable in the skills of a complex set, clock, and lane management.

This group will continue to increase endurance and the quality of stroke and turn proficiency. The coaches will look to the maturity of the group to help facilitate a more effective workout. Swimmers will be expected to urge one another in a positive way to get through the harder workouts. Coaches will also be exploring the “mental” side of swimming as well as more detailed information on diet and the effects of swimming on the human body.

## Skill Development

- Swim any distance in meets and participate in relays
- Demonstrate lane maturity to enhance the quality of the workout
- Develop an understanding of complex drill sets.
- Demonstrate a respect for coach specific directions and stroke critique
- Achieve at least 1 A Regional cut time
- Demonstrate a discipline to a regular practice

## Progression

Swimmers will only be allowed to advance to Green when all of the goals have been achieved. They must also want to take their swimming to the next level and be ready to push themselves mentally and physically. Walpole coaches will determine whether a child is able to move up to the next level. There is no set timetable on these decisions. We will look at all the factors to make an informed decision. The coaching staff will discuss this process with the parents.