

# Green Group

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## Prerequisites

Swimmers must be entering into the ninth grade within six months. It is the next level of maturity, training, and competition after Black.

## Overview

This group will be expected to show proficiency in all aspects of practice and competition. The coaching staff looks to this group to be role models to the younger swimmers. This group of well-rounded student/athletes is expected to find the balance between school, swimming, and social events. This group has made the commitment to volunteer their time to teach swimming. This group will be offered up to 8 practices per week with the recommendation to make 7 during the summer. Green will help the younger swimmers at all our meets.

## Skill Development

Swimmers in Green will be expected to take all aspects of practice seriously. Dry lands, warm-up, stroke drills, and warm-down to name a few. We will expect swimmers to have high goals and help motivate one another. We will continue to explore the “mental” side of swimming. Swimmers must be close to at least one A Regional Championship cut time.

## Progression

The only way to advance to the Red Group is to achieve A Regional cut times in all 4 strokes or volunteer to coach summer and winter. Coaches will determine whether a swimmer 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.