

# Yellow Group

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## **Prerequisites**

To be considered for advancement to Yellow Group, the swimmer must accomplish **ALL** of the Blue Group level skills. Walpole 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 factors, throughout the season, to make an informed decision. The coaching staff will discuss this process with the parents.

## **Overview**

Age Group Yellow will be offered up to 8 practices per week; coaches recommend an average of 7 practices per week during the summer. Any swimmers entering this group without completing the Walpole developmental program must be able to swim 500 yards freestyle without stopping and with flip turns. They must also be able to legally demonstrate all four competitive strokes.

This group will focus on endurance, stroke and turn proficiency, and dry land quality. The swim sets will become longer, more difficult, and more complex. Each practice will be an hour to an hour and a half long depending on availability of the pool. Swimmers will be encouraged to eat properly to help replace the nutrients used with the increased workload.

## **Skill Development**

- Build endurance to swim distance events in competition
- Manage a set warm up independently
- Participate in and demonstrate proper dry lands
- Demonstrate advanced stroke drills
- Participate in the A Regional or B Regional Age Group championship
- Demonstrate a commitment to a regular practice schedule

## **Progression**

After successfully demonstrating Yellow level skills swimmers move on to the Black group.