

Group	Technical Requirement	Swimming Requirements
Senior	<ul style="list-style-type: none"> • Underwaters need to be a commitment, min 4 kicks of every wall in practices Know HR's and the correlation with gears, consistently train at the correct levels 100% Commitment to National Group schedules and calendars • Process Oriented - 24/7 Student Athlete • Race Pace Training - understanding efforts needed, combined with proper approach and technique Coachable - trust coach/program entirely, be willing to make changes (and give focus and time it takes to make lasting changes) Understanding of Rose Bowl training philosophies Training • Consistent hard work and pushing to new levels, no complacency Training leader in current group 	<p>10 x 100 Free @ 1:15 10 x 100 Back @ 1:20 8 x 100 Breast @ 1:30 6 x 100 Fly @ 1:25 8 x 200 Free @ 2:25 8 x 200 IM @ 2:50 8 x 100 Kick @ 1:45</p>
Gold	<p>Know TEAM drills Uses turning position on walls Understanding of training paces and gears Consistent tight streamlines in practices and meets Correct underwaters off walls, 1 dolphin kicks off all walls for fl, fr, bk Breaststroke pulldowns Backstroke finishes without looking at the wall Calculates own times in practices Follows own interval in practices, knows where they are in a set Consistent efforts in different gears Working on using legs at all times Focus on increasing power in strokes</p>	<p>10 x 100 Free @ 1:35 6 x 100 IM @ 1:45 10 x 50 Back @ :50 10 x 50 Breast @ :55 8 x 50 Kick @ 1:10</p>
White	<p>Streamlines off of all walls Uses legs when swimming all strokes Underwaters - does 2 dolphin kicks off of every wall and does breast pulldowns Knows best times and goal time standards Consistently starts in turning position Good power in strokes Good breath timing, even when tired Fast turns, even when tired</p>	<p>10 x 50 Back @ :45 10 x 50 Breast @ :50 10 x 50 Kick @ 1:00 10 x 100 Free @ 1:25 8 x 100 IM @ 1:35</p>

Group	Technical Requirement	Swimming Requirements	
Orange	<p>Regularly execute good streamlines (practice and meets) Consistently begins from turning position in practice Focus on proper and fast turns Committed to developing underwaters (2 dolphin kicks off each wall & breast pulldowns) Backstroke finish on back without looking for wall Knows how to get own times in practices for any swim Follows own interval in practices Using legs while training and racing Understand the basics race pace training Proper timing of breath in all strokes Consistent efforts for each gear asked for in workouts</p>	<p>10 x 50 Back @ :45 10 x 50 Breast @ :50 10 x 50 Kick @ 1:00 10 x 100 Free @ 1:25 8 x 100 IM @ 1:35</p>	
Silver	<p>Legal in all four strokes Streamlines – regularly execute streamlines when pushing off of every wall in practice Turns - ability to do legal turns for all strokes and regularly perform flip turns in practice Turn Position - regularly start in turning position Clock Management – know basic intervals (:30/1:00) and consistently leave at correct times Understand Lane Etiquette</p>		
	10& Under	11-12	13 & Over
	<p>8 x 50yd Free @ 1:10 8 x 50yd Stroke @ 1:20 3 x 100yd IM @ 2:20 3 x 100yd Free @ 2:10 8 x 25yd kick @ :45</p>	<p>8x50 Free @1:05 8x50 Stroke @1:15 3x100 IM @ 2:20 4x100 Free @ 2:00 6x50 kick @ 1:30</p>	<p>10x50 Free @ 1:00 10x50 Stroke Br@1:10 Bk@1:05 3x100 IM @ 2:05 5x100 Free @ 1:50 8x50 Kick @1:20</p>