

RECOMMENDATIONS	BRONZE	SILVER	GOLD	JUNIOR	SENIOR
Ages	6 -10	6 - 10	7 - 13	13 & up	13 & up
<b>Attendance</b>	3 x week	4-5 x week	5 x week	5 x week	13-15 6 x week 16 & over 7 x week
<b>Practice Length</b>	45-60 min	1 hour	1.5 hours	1 hr dry 1.5 hrs wet	2 hours dry 2 hours wet
<b>Season Length (winter)</b>	7 months	7 months	7 months	7 months	8 months
<b>Daily Yardage (per practice)</b>	1,000-2,000 yards	2,000 - 4,000 yards	3,500 - 5,500 yards	4,500 - 7,000 yards	6,000 - 9,500 yards
<b>AM Practices (i.e. Doubles)</b>	NO	NO	NO	NO	YES
<b>Weekend Practices</b>	NO	On Occasion	YES	YES	YES
<b>Basic Goals</b>	Learn the fundamentals of Swimming	Increase knowledge of training concepts	Increase personal responsibility	Refinement of Skills and Goals	Focus on Highest Level of Swimming
<b>Areas of Development</b>	Starts, Turns, kick, Legal in all 4 strokes	Legal IM more endurance in kick and swim	Goal setting and race strategy	Swim focused as activity choice	Develop mental, physical & emotional aspects to highest level
<b>Competitive Performance</b>	Duals, "BC" type, local Championships and Summer League	10 & under "B" times in all 50's or IM	10 & under "AA" times in stokes or 200 IM	11-12 "AA" times in the 100's and 200 IM	13-14 "A" times in the 100's and 200 IM
<b>Training Categories</b>	6 x 50 each stroke	6x50 free on 1:00 3x100 IM on 2:20 6x50 back on 1:15	10x100 free on 1:40 3x200 IM on 3:40 6x100 kick on 2:25 6x100 stroke on 2:05	6x50 free on :50 3x100 IM on 1:50 6x50 stroke on 1:00 8x100 kick on 2:00	12x100 free on 1:20 10x100 kick on 1:50 10x100 strk on 1:45 4x400 IM on 7:30
<b>Biomechanical Progressions</b>	Legal in all 4 strokes	All times faster than Bronze Group	Longer stroke cycles with faster times	Learn race pacing and understand DPS	Understands pacing, stroke rate and importance of work ethic.
<b>Physical</b>	Can complete practices and swim continuous for 5 min.	Complete a 10 min. swim, some basic body weight exercises	Complete a 20 min. swim and more advanced weight exercises	500 free under 9 min., longer dryland focusing on core work	Do a T-20 regularly and test sets with more advanced dryland including weights.

TAC Swimming's Team Placement Criteria and Considerations

1. Level of commitment
2. Practice attendance
3. Training ability
4. Stroke and skill development
5. Level of maturity and personal responsibility
6. Age and previous experience
7. Meet performance and best times
8. Space availability
9. Satisfactorily completes placement test/try out

