

TUSCOLA TORPEDOES' GROUP DEFINITIONS

Recommended Age Groups are not restricted to those groups!!!

Pre-Team: Recommended Age Group: 4-6

Beginners that need a coach in the water. Focus on getting over fear of water, breathing around water, kicking with board/swimming with board, basic feel of freestyle. Will be run like a beginners' semi-private lesson.

Developmental: Recommended Age Group: 5-8

Beginners that do **not** need to have a coach in the water with them for safety. Maybe know basic of freestyle but do not need basic knowledge of swimming. Will learn freestyle and backstroke for 25 yards legally. Will begin learning breaststroke and butterfly. Goal is to do at least 1 meet by the end of the season.

Bronze Group: Recommended Age Group: 9-12

Can swim freestyle and backstroke for 50 yards. Group will focus on technique for free and back and will learn basics of fly and breast. Group will start work on flip turns. Swimmers should have basic knowledge of swim workout lingo, i.e. "Warmup is a 100 free and 100 back."

- Swimmers over 8yrs old will practice in bronze or higher in order to be ready to swim 50yd events

Silver Group: Recommended Age Group: 13-14

Can do freestyle and backstroke for 100 yards legally. Group will focus on endurance for backstroke and freestyle, will learn how to swim breaststroke and butterfly legally, and will focus on technique of all strokes. Group will learn relays, leadership, and more than just swimming.

Gold Group: Recommended Age Group: 13 -18

Have established the ability to do every stroke legally, has the endurance to do a 100 of every stroke. Group will mostly focus on getting endurance for events. Group learns about swimming for the Team and not just individually. Group is required to do flip-turns on every wall.

Warrior Designation:

Warrior designation will be award to Gold Group swimmers who have volunteered for 3 sessions of assisting Developmental Group swimmers in practice. Signups for sessions will be available at the start of the season. "Session" = 1 practice week

**If unsure which group your swimmer should be in, we recommend starting at the lower group and then assess to see if they move up. It is better for a swimmer to be too advanced for a group than not advanced enough!*