TUSCOLA TORPEDOES' GROUP DEFINITIONS

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

Warrior Group:
Take swimming very seriously, most swim year-round. Group will incorporate dryland into practices.

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.

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.

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."

Developmental: Recommended Age Group: 7-8
Beginners that do **not** need to have a coach in the water with them. 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 year.

Pre-Team: Recommended Age Group: 5-8

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.

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!