

MUDCAT GROUP LEVELS 2022

BRONZE: Age ranges from 4 to 12 years

Able to swim a legal 25-yards of freestyle and backstroke. Have the physical strength to practice for 60 minutes. Focus on improvement of technique in all competitive strokes, turns, racing starts, competitive swim rules, and fun.

Practices per Week: Two, 60-minutes each

SILVER: Age ranges 7 to 12 years

Able to swim 50-yards of freestyle and backstroke, and 25-yards of butterfly and breaststroke. Must be able to listen and follow directions and have the maturity and physical strength to complete 75 minute workouts. Focus is on improving technique, conditioning, racing starts, and turns. **Practices per Week:** Two, 75 minutes each

GOLD: Age ranges 9 to 14 years

Able to legally swim 100-yards of all four competitive strokes, plus a 200 Individual Medley (IM). Able to perform racing starts and all four turns. Able to listen and follow directions and have the maturity and physical strength to complete 90 minute workouts. Focus is to continue to improve stroke technique, racing starts & turns, aerobic conditioning, longer swim sets, sprints, race strategies, goal setting, and knowledge of pace/intervals. Attitude – demonstrates a commitment level necessary to attain higher levels of training. Expected to attend selected meets, plus highest qualified championship meets.

Practices per Week: Three to Four, 90 minutes each

JUNIOR: Age ranges 12 to 18

Expected to attend at least 70% of practices. This is a pre-cursor group aimed at bridging the Age Group and Senior Group programs. For swimmers not able to commit to Senior Group expectations or using swimming to cross-train or stay in shape. Focus on stroke mechanics, aerobic and anaerobic training, goal setting, and race strategy.

Practices per Week: Four to Five, 120 minutes each.

SENIOR: Age ranges 13 to 18

Expected to attend at least 80% of practices. Swimming is their primary activity with a desire to swim in college. Stroke mechanics, challenging aerobic and anaerobic training sets, goal setting, and race strategy emphasized. Expected to attend selected meets, plus highest qualified championship meets.

Practices per Week: Five to Six, 120 minutes each. Optional morning practices offered.