



Group Structure

Group	Ages	Standards	Emphases	Goals	Expectations
Blue	7-10	Must perform freestyle and backstroke legally and consistently	Skill development, basic training etiquette	Prepare to participate in USA Swimming competitions	2-3 practices per week
White	8-11	Must perform all four strokes legally and consistently	Stroke technique, interval training and pacing, competitive development	Prepare to compete at the CO State and Western Zone Age Group levels	3-4 practices per week
Red1	11-13	Must have at least one CO Silver State qualifying time or be able to train at a commensurate level	Overall technique and stroke development, increased training volume and intensity	Prepare to compete at the CO State and Western Zone Age Group levels	4-5 practices per week
Red2	12-14	Must have at least one CO State qualifying time or be able to train at a commensurate level	Continued technique and stroke development, higher levels of training intensity, addition of dry land component	Prepare to become CO State and Western Zone Age Group finalist	5-6 practices per week
Sectional	13-15	Must have multiple CO State qualifying times or be able to train at a commensurate level	Refinement of stroke and racing skills, high levels of training intensity including dry land training	Prepare to compete at the Western Zone Sectional level	6-8 practices per week
High School	15-18	Must participate on high school swimming team	Overall technique and racing skills, high levels of training intensity	Prepare to compete at the CHSAA State meet	3-5 practices per week
National	15+	Must have achieved at least one Sectional qualifying time or be able to train at a commensurate level	Refinement of stroke and racing skills, highest levels of training intensity including dry land and weight training	Prepare to compete at the Junior National, Senior National and Olympic Trial levels	6-9 practices per week



Practice Schedule

	Mon	Tue	Wed	Thu	Fri	Sat
Blue	5-6pm Northridge	--	5-6pm Northridge	--	5-6pm Northridge	--
White	5-6pm Northridge	7-8pm Littleton YMCA	5-6pm Northridge	7-8pm Littleton YMCA	5-6pm Northridge	
Red1	7-7:30pm Dryland 7:30-8:30pm Swim Littleton YMCA	5:15-6:30pm Northridge	7-7:30pm Dryland 7:30-8:30pm Swim Littleton YMCA	5:15-6:30pm Northridge	7-7:30pm Dryland 7:30-8:30pm Swim Littleton YMCA	9-10:30am Northridge
Red2	3:15-4pm Dryland 4-5:15pm Swim Northridge	5:15-6:30pm Northridge	3:15-4pm Dryland 4-5:15pm Swim Northridge	5:15-6:30pm Northridge	3:15-4pm Dryland 4-5:15pm Swim Northridge	9-10:30am Northridge
Sectional	3:15-4pm Dryland 4-5:15pm Swim Northridge	3:15-5:15pm Northridge	3:15-4pm Dryland 4-5:15pm Swim Northridge	3:15-5:15pm Northridge	3:15-4pm Dryland 4-5:15pm Swim Northridge	7-9am Northridge
National	3:15-5:15pm Swim 5:15-6pm Dryland Northridge	3:15-5:15pm Swim 5:30-6:15pm Wghts Northridge	3:15-5:15pm Swim 5:15-6pm Dryland Northridge	3:15-5:15pm Swim 5:30-6:15pm Wghts Northridge	3:15-5:15pm Swim 5:15-6pm Dryland Northridge	7-9am Swim 9:15-10am Wghts Northridge
High School	5-6:30am Swim 5:15-6pm Dryland Northridge	3:15-5:15pm Northridge	5-6:30am Swim 5:15-6pm Dryland Northridge	3:15-5:15pm Northridge	5-6:30am Swim 5:15-6pm Dryland Northridge	--