

WAVE Group Level Descriptions

Note: Swimmers must have successfully completed Red Cross Swimming Level 3 before participating in the WAVE swim club.

Minnows – This level is designed to introduce the swimmer to the sport. Swimmers will learn the techniques of all 4 strokes and be introduced to proper stroke turns and starts. This level will refine the freestyle and backstrokes along with development of the fly and breast strokes. Swimmers will also work on increasing endurance. Goal setting is introduced. Participation in the home meet is encouraged.

Practice: 1.5-hour sessions, 2 times a week

Promotion Criteria:

Starts from the starting block

Swim 100 Freestyle, 100 Backstroke, 25 Fly and 25 Breast with legal stroke, turns and finishes

Sharks – This level is designed to enhance technical skills for the swimmers who graduated from Minnows. Swimmers who have had experience in other clubs, or who can demonstrate the required skills will be placed in this group. Swimmers learn interval swimming, emphasis in stroke technique, and legal turns for all strokes. Goal setting is discussed and coaches will help achieve those goals. Participation in home meet and other area meets is encouraged.

Practice: 1.5-hour sessions 2-3 times a week

Promotion Criteria:

Swim 50 Butterfly, 50 Breaststroke, 200 Free and 100 IM with legal turns and finishes

Competitors – Swimmers in this group work on more interval and endurance conditioning. They must be able to listen to instructions well and understand workout descriptions. Goals will be set and the coaching staff will help in achieving the goals. Yards are increased throughout the season. Swimmers will be tapered for best performance at finals. Interval sets will be the main workouts for this group with a couple of endurance workouts. The competitor level swimmers need to be good examples for the Sharks and Minnows. They must be consistent and proficient on the execution of the appropriate legal turns and finishes. They must also consistently demonstrate the streamline push and position. Participation in all meets is encouraged.

The competitor group is broken into 3 sub-levels. Swimmers may be moved from one group to the next based on their ability.

Bronze Group: Shark Graduates will start in this level.

Practice: 2 Hours, 3-4 times a week

Promotion Criteria:

Swim 500 freestyle

Complete sets of 12 X 50 IM order on 1:30

Complete sets of 5 X 100 Free on 2:00

Silver Group: More yards, shorter intervals, more difficult drills

Practice: 2 Hours, 3-4 times a week

Promotion Criteria:

Swim 1000 freestyle

Complete sets of 10 X 100 Free on 1:45 intervals

Complete sets 12 X 100 IM on 2:15 intervals

Gold Group: More yards, shorter intervals, advanced drills

Practice: 2 Hours, 3-4 times a week

HS Conditioning – These swimmers must set good examples for the others. Swimmers will bring their goals and/or desired workouts to the coaches. They will work on endurance, conditioning and advanced drills.

Practice: 2 hours, 3-4 times a week.