

## **CCSST Training Groups: Month of May training groups**

**Eaglet 2 (E2):** This group is a non-competitive, beginning program for children 10 & Under designed to introduce young children and their parents to competitive swimming in a very relaxed and informal atmosphere. They swim across the pool in the shallow end until they build up their stamina. This group is only for the month of May. If they can complete the length of the pool by the end of May, they may join the competitive team. Cost is \$15.00 for the month of May and will be applied to the team fee of \$40.00 if they make the team. May workout days/times: Tuesday & Thursday 7-7:30 PM.

**Eaglet 1 (E1):** This group is for elementary age swimmers who can swim at least one length of the pool freestyle or backstroke. Athletes will be introduced to competitive swimming techniques and rules. Swimmers will learn and practice basic mechanics of the four competitive strokes. May workout days/times: Monday & Wednesday 7-7:30 PM.

**Eagles-Advanced Elementary:** This group is composed primarily of swimmers aged 8-11 years old with competitive swimming experience. Athletes should be able to complete a 100 IM legally. We focus heavily on improving their technique through the use of drills designed to teach more advanced skills. This group will also begin to swim longer distances and perfect starts and turn technique. May workout days/times: Monday thru Thursday 6-7:00 PM.

**Black Eagles-JH/Spring athletes:** This group is designed for the older age group swimmer who wishes to advance to more competitive levels of swimming, and is composed mostly of athletes from age 11 and up. These swimmers demonstrate a high level of competency in the four competitive strokes and train with an emphasis on endurance and stroke technique refinement. May workout days/times: Monday thru Thursday 5-6:00 PM.

**Golden Eagles-JH/HS:** Designed for the teenaged athlete, this group focuses on advanced technical skills, improving their levels of conditioning, and completing sets of increasing physical difficulty while maintaining proper stroke technique. The athletes in this group must have excellent work ethics, enjoy being challenged during practice, and demonstrate a strong personal desire to compete at higher levels. May workout days/times: Monday thru Thursday 3:15-4:45 PM.

### **Guidelines for all groups:**

- Swimmer consistently follows all pool/facility rules and instructions given by coaching staff/lifeguard.
- Swimmer consistently pays attention during instruction, does not disrupt the progress of other swimmers, behaves appropriately during practice, and demonstrates good practice "etiquette".
- Swimmer demonstrates good sportsmanship. (ex: encourages other swimmers, cheers for teammates, helps others when asked, etc)
- Swimmer does not engage in horseplay or other inappropriate/unsafe behavior in or around the pool area, locker room, or pool facility.

\*\*\*Training group requirements are just a guideline to place swimmers in the appropriate group for their current ability. Adjustments in a swimmer's group placement may be modified due to ability, work habits, age, etc. Morning practices begin in June starting at 7:30 AM with the Golden Eagles. Exact times for the other groups will be shared once we know the make-up of the team.