

## **Central Bucks Swim Team - USAS Practice Groups - Descriptions**

### **Senior**

Seniors practice 5 afternoons, every Saturday morning, and 3-4 mornings a week during the spring and fall seasons. During the high school season, swimmers attend the Saturday practices and mornings. They do 2 hours of swimming plus 15-30 minutes of dry land every weekday consisting of mostly core strength and mobility. On Saturdays, they do 3-hour workouts which are a combination of swimming, core, weights, and sometimes yoga. Practices are broken up into Sprint, Distance, Stroke, or IM groups, along with specific Back, Breast, Fly, and Free practices. These workouts are high intensity with the focus on executing every aspect of a race whether it is a 1500 or a 50 free.

Expectations (outside of high school season): 5 afternoons, every Saturday, and 3 mornings, a total of 9 workouts. During high school season: every Saturday and 3 mornings.

### **Next Generation**

This group is primarily in the 14U and 12U age groups. Practices are during the evening on most weekdays and on Saturday mornings and are 2 hours. They focus mainly on building aerobic and anaerobic capacity with strong technique. These practices include high intensity workouts, long endurance workouts, IM workouts, and stroke workouts mixed in throughout the week. Technique instruction is still emphasized but the priority in this group is teaching athletes how to train and execute races at an elite level using technical skills learned in prior groups. This is the most elite group at the age group level.

Expectations: 4 evenings per week, Saturday, a total of 5 workouts most weeks (all offered practices).

### **Advanced**

Athletes are typically in the 14U and 12U age groups. Practices are during the evening on most weekdays and on Saturday mornings and are 2 hours. The practices for this group include primarily aerobic and IM workouts with a heavy technical focus. This group learns to take great technique and apply it throughout a workout while sets get more challenging. Swimmers are taught how to make goals and strive for them as well as learning skills to help motivate themselves and others.

Expectations: 3-4 evenings per week, or Saturday, a total of 4 workouts.

## **Junior**

Athletes are typically in the 12U and 10U age groups. Practices are during the evening on most weekdays and on Saturday mornings and are 2 hours. The practices for this group include workouts driven by stroke technique and technical application throughout an aerobic or IM workout. Swimmers are taught to strive for high goals with a great deal of focus on the fundamentals of their strokes.

Expectations: 3-4 evenings per week, or Saturday, a total of 4 workouts.

## **Intermediate**

Athletes are typically in the 12U and 10U age groups. Practices are during the evening on most weekdays and on Saturday mornings and are 1.5 hours. Workouts revolve around technique and technical application of all 4 strokes with time given to aerobic training as swimmers grow stronger. Swimmers are taught to strive for high goals with a great deal of focus on the fundamentals of their strokes.

Expectations: 3 evenings per week, or Saturday, a total of 3-4 workouts

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