

# Central Bucks Swim Team - USAS Practice Groups - Descriptions

## Senior Group:

**Our comprehensive training plan balances technique, endurance, and power to prepare athletes for peak performance in any event, from the 50 to the 1500/1650. Workouts are strategically designed and specialized, with practices focused on:**

- Sprint, Distance, Stroke, and IM training
- Technique refinement for all four competitive strokes, starts, turns, and underwaters
- Aerobic maintenance and anaerobic threshold development
- Race strategy and active recovery

## Practice Schedule

- **Fall & Spring (Outside High School Season):** We have five afternoon swim practices, one Saturday morning session, and three to four additional morning workouts per week. Weekday morning practices are approximately 1-hour in duration and are a combination of swim and/or weights, afternoon practices include two hours of swimming and 15-30 minutes of dryland focused on core strength and mobility. Saturday's three-hour practice combines swimming, core, and weight training.
- **During High School Season:** Athletes continue training with the team through two weekday morning practices (swim only) and our Saturday morning session to supplement their high school training.
- **Summer (Long Course Season):** Training moves to a long course facility with 2.5-hour swim practices held six days a week.

## Commitment & Expectations

- **Swimmers are placed in training groups based on their times and goals. Attendance expectations are designed to maximize potential:**
  - **Short Course Season (Non-High School):**
    - Gold: 8 practices per week
    - Silver: 7 practices per week
    - Bronze: 5 practices per week
  - **Short Course Season (During High School):** Attendance is determined through an individual plan with the head coach to align with your specific goals.
  - **Long Course Season:** Once at the outdoor facility, all swimmers are expected to attend six morning practices per week.
- **For athletes seeking a more intensive program during the scholastic season, our Senior Plus group offers additional practice opportunities.**

## **Age Group:**

### **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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