

Stars

REQUIREMENTS Previous swimming lessons, Basic Water Comfort, 25 Free/25 Backstroke

TRAINING 45 minutes / 3 days a week / teaching skills / low yardage

GOALS This group is an introduction to AAAA. The goal is to have fun and enjoy the water.

STANDARDS TO JOIN COMETS

Demonstrate ability to float on back and front

Demonstrate dolphin kick

Demonstrate 50 yards backstroke

Demonstrate 50 yards freestyle with side breathing

Demonstrate 50 yards flutter kick on back

Introduction to learning to read clock

Introduce IM order and all strokes

Tight streamlines and cut-aways are used regularly

Coaches have final say on all move-ups

Comets

REQUIREMENTS See Above

TRAINING 1 hour / 4 days a week / teaching skills / low yardage

GOALS This group is an introduction to year-round swimming at AAAA. The goal is to continue to enjoy the water and participate in meets.

GEAR Athlete will be billed for the required equipment upon moving up so he/she may fully participate in workouts. This will be billed to your monthly invoice.

STANDARDS TO JOIN ASTEROIDS

Demonstrate front dive

Demonstrate tight, underwater streamline with dolphin kick for 5 yards

Demonstrate ability to do flip turns with tight, underwater streamlines for 5 yards

Demonstrate legal 50 yards breaststroke AND 50 butterfly with two hand touches

Demonstrate 50 yards backstroke with a flip-turn and finish on the back

Demonstrate 100 yards free with flip turns and breathing every 3 under 2:30

6 x 50 Free w/ flip-turns and cut-aways @1:15

200 flutter kick for time under 6:00

Coaches have final say on all move-ups

Asteroids

REQUIREMENTS Swimmer has advanced from Comets Group OR has previous swimming experience with another club, Basic Water Comfort, 100 Free /100 Backstroke / 50 Breast, Must be at least 8 years old. If 8 must be at D2 level (4 events)

TRAINING 1.5 hour / 5 days a week / teaching skills / moderate yardage

GOALS This group is an introduction to more competitive swimming. The goal is to continue to enjoy the water and participate in more meets. Goal setting and self-evaluation are important concepts developed in this group.

GEAR Athlete will be billed for the required equipment upon moving up so he/she may fully participate in workouts. This will be billed to your monthly invoice.

STANDARDS TO JOIN ECLIPSE

D1 time in at least 3 events or 6 D2 times

Demonstrate underwater pullouts for breaststroke and IM events

Demonstrate ability to do flip turns with tight, underwater streamlines off all walls
10 yds

Demonstrate ability to breathe every 3 strokes in freestyle swimming

Demonstrate ability to do underwater dolphin kick for 15 yards at a time

Demonstrate legal turns and strokes in all events

Demonstrate knowledge of reading the pace clock

Demonstrate front dive from the blocks

Participation in 2 swim meets OR 80% attendance

Demonstrate ability to do 4 x 25 butterfly with proper 1-1 breathing and rhythm

Demonstrate legal 200 IM from a dive

Demonstrate 1000 yards free continuous with flip turns and breathing every 3
under 18min

8 x 50 freestyle breathe 3 @:50 second interval with no help from coach

**If 80% Attendance for Workout and Meet Schedule cannot be made, then you must remain an Asteroid OR go to Senior (13 and up).*

Coaches have final say on all move-ups

Eclipse

REQUIREMENTS Swimmer has advanced from Asteroids OR has previous swimming experience with another club. Consistent practice attendance is monitored and swim meets become mandatory.

*80% Participation in identified meets

*80% Practice Attendance

Minimum of 3 D1 times or 6 D2 times OR coach's discretion

Must attend Saturday practices.

Demonstrate team commitment (year round swimming with AAAA).

6th Grade is the minimum for this group.

**If 80% Attendance for Workout and Meet Schedule cannot be made, then you must remain an Asteroid OR go to Senior (13 and up)*

Attendance will be monitored and reviewed monthly.

Failure to maintain proper attendance will result in an athlete meeting with the coach and the option of being moved down a group for 1 month or trying to meet the group requirements. If not met a second month, you will be moved down a group for 1 month. Standards will then be upheld for the current group.

TRAINING 2 hours/ 6 days a week/ teaching skills/ moderate-plus yardage

STRENGTH AND CONDITIONING Running/Dryland 3 Days a week

GOALS This group is the top age group swimmers on Ad Astra Area Aquatics.

GEAR Athlete will be billed for the required equipment upon moving up so he/she may fully participate in workouts. This will be billed to your monthly invoice.

STANDARDS TO JOIN ELITE 1

Demonstrate ability to learn drills and do them correctly

Demonstrate ability to do flip turns with tight, underwater streamlines off all walls

Demonstrate ability to pay attention to stroke technique

Swimmer must be in OR going into 8th grade at the start of the Fall

A minimum age of 13

Swimmers must be able to move up in the eyes of all coaches

Sectional cuts have an influence, but are not mandatory

Demonstrate consistent attendance at practice

**If 85% Attendance for Workout and Meet Schedule cannot be made, then you must remain in Eclipse OR go to Senior (13 and up).*

Coaches have final say on all move-ups

Elite 1

REQUIREMENTS Swimmer has advanced from Eclipse OR has previous swimming experience with another club. Consistent practice attendance is monitored and swim meets become mandatory.

*85% Participation in identified meets

*85% Practice Attendance

Recommended that at least 1 SCY season is completed in full with AAAA in the Freshman or Sophomore year.

**If 85% Attendance for Workout and Meet Schedule cannot be made, then you must remain in Eclipse OR go to Senior (13 and up).*

**Attendance will be monitored and reviewed monthly.*

Failure to maintain proper attendance will result in an athlete meeting with the coach and the option of being moved down a group for 1 month or trying to meet the group requirements. If not met a second month, you will be moved down to Eclipse OR go to Senior (13 and up) for 1 month. Standards will then be upheld for the current group.

**During the High School Season, Elite 1 athletes are expected to swim 3 days a week during high school season plus weights. The week of high school state is not included in this. Athletes must stay swimming with the Elite 1 group until the latest possible date. This also applies to other school sports.*

**If an athlete is late 5 times to workout in a month, this will count as one unexcused absence and a letter will be sent home to parents. Getting into the water more than 15 minutes after practice has started constitutes being late.*

**Attendance Requirements for the Holiday Seasons may increase due to the fact there is no school.*

WEEKLY WORKOUTS

5 pm workouts

1 am workout (Monday AM recommended)

1 Saturday

Weights for select athletes 2 days a week

Dryland Mandatory 2 of 3 days

TRAINING 2-3 hours / 7 days a week / teaching skills / max yardage

STRENGTH AND CONDITIONING Running 3 days a week, Weights 2 days a week

GOALS Increased focus on improving technique in all strokes. Pace work, workout etiquette, turns and start work are emphasized. Swimmer gains

experience in USA Swimming meets. Racing strategies are learned in all events. Swimmers learn about benefits of consistent practice attendance. This group will train to attain maximum aerobic base.

GEAR Athlete will be billed for the required equipment upon moving up so he/she may fully participate in workouts. This will be billed to your monthly invoice.

STANDARDS TO JOIN ELITE 2

**If 85% Attendance for Workout and Meet Schedule cannot be made, then you must remain in Elite 1 OR go to Senior.*

Elite 2

REQUIREMENTS Swimmer has advanced from Eclipse OR has previous swimming experience with another club. Consistent practice attendance is monitored and swim meets become mandatory.

*85% Participation in identified meets

*85% Practice Attendance

Recommended that at least 1 SCY season is completed in full with AAAA in the Freshman or Sophomore year.

**If 85% Attendance for Workout and Meet Schedule cannot be made, then you must remain in Elite 1 OR go to Senior.*

Attendance will be monitored and reviewed monthly.

Failure to maintain proper attendance will result in an athlete meeting with the coach and the option of being moved down a group for 1 month or trying to meet the group requirements. If not met a second month, you will be moved down to Elite 1 OR go to Senior for 1 month. Standards will then be upheld for the current group.

**During the High School Season, Elite 2 athletes are expected to swim 3 days a week during high school season plus weights. The week of high school state is not included in this. Athletes must stay swimming with Elite 2 group until the latest possible date. This also applies to other school sports.*

**If an athlete is late 5 times to workout in a month, this will count as one unexcused absence and a letter will be sent home to parents. Getting into the water more than 15 minutes after practice has started constitutes being late.*

**Attendance Requirements for the Holiday Seasons may increase due to the fact there is no school.*

WEEKLY WORKOUTS

5 pm workouts

3 am workouts

1 Saturday

Weights Mandatory 2 days a week

Dryland Mandatory 2 of 3 days

TRAINING 2-3 hours / 9 days a week / teaching skills / max yardage

STRENGTH AND CONDITIONING Running 3 days a week, Weights 2 days a week

GOALS Increased focus on improving technique in all strokes. Pace work, workout etiquette, turns and start work are emphasized. Swimmer gains

experience in USA Swimming meets. Racing strategies are learned in all events. Swimmers learn about benefits of consistent practice attendance. This group will train to attain maximum aerobic base.

Highest expectations and the highest honor an Ad Astra swimmer can achieve.

Senior

REQUIREMENTS Swimmer has advanced from Eclipse OR has previous swimming experience with another club OR does High School swimming. Age 13 and older.

TRAINING 1.25 hours / 5 days a week / teaching skills / moderate-plus yardage

GOALS The goal is to continue to enjoy the water. Many swimmers will use this group to train for High School swimming in the off-season. Senior swimmers should maintain a focus on staying fit with the ultimate goal of moving to Elite.