

# RSC 2019 Long Course Season Practice Group Information

Practice Group	Group Description	Practice Times	Cost*
<b>Black</b>	Swimmers will generally be ages 12 and younger who are making the transition from swim lessons into competitive swimming or have an interest in swimming but have never done so competitively. The focus will be the introduction and refinement of stroke technique, flip turns, starts, and proper underwater streamline position. Practices are 90% Technique, 10% Training.	Monday, Tuesday, Thursday 5:30 pm - 6:30 pm - Group 1 6:30 pm - 7:30 pm - Group 2  Saturday 8:00 am - 10:00 am	\$280 or \$77 per month
<b>Silver</b>	Swimmers in the silver group will generally be ages 8 to 12 years old. The group will focus on continued refinement of stroke technique, flip turns, proper underwater streamline position, and starts. They will be introduced to training concepts (reading a pace clock, practice set up including warm up, small sets, cool down). Practices are 60% Technique, 40% Training.	Tuesday, Wednesday, Friday 5:30 pm - 7:00 pm  Saturday 8:00 am - 10:00 am	\$340 or \$93.50 per month
<b>White</b>	Swimmers are generally 10-14 years old. Swimmers know how to legally perform all four competitive strokes, starts and turns, and use a pace clock. The focus of this group is to prepare athletes, both physically and mentally, for the transition from age group level swimming to senior level swimming. Practices are 35% Technique, 65% Training.	Morning - Starting June 10: Monday - Friday 7:00 am - 9:00 am  Evening: Monday, Wednesday, Thursday, Friday 5:30 pm - 7:15 pm  Saturday 8:00 am - 10:00 am	\$460 or \$126.50 per month
<b>Gold</b>	Swimmers in the Gold Group are 13 and older. Swimmers know how to legally perform all four competitive strokes, starts and turns legally. The focus of this group is stroke mechanics, challenging aerobic and anaerobic training sets, race strategies and dryland. Team leadership and being role models for the younger swimmers is expected. Practices are 20% Technique, 80% Training.	Morning - Starting June 10: Monday - Friday 7:00 am - 9:00 am  Evening: Monday -Friday 5:30 pm - 7:30/8 pm  Saturday 8:00 am - 10:00 am	\$580 or \$159.50 per month

\*Month to Month Options also available