



PADUCAH SWIM TEAM PROGRAM STRUCTURE 2009-2010

Paducah Swim Team has several groups and times from which to choose. All new swimmers will attend an assessment session before they are officially placed in a group. Assessment sessions after the initial August assessment week are available upon request. Please call 554-7946 to make an appointment.

The staff places each swimmer in an appropriate group based on age, ability, experience, maturity, training level and motivation. The staff reserves the right to make all swimmer placement decisions.

AGE GROUP PROGRAMS

Paducah Swim Team's Age Group programs are primarily for swimmers twelve and under ready for year-round swimming. Practice groups are designed to maximize swimmer enjoyment, success and development. Our goal is to nurture each swimmer's potential and to provide them with the tools for long-term growth and achievement. Each swimmer is also taught age-appropriate goal setting.

YELLOW

Ages: 10 & Under
Practices Offered: Up to 2 per week
Practice Length: 1 hour

YELLOW is the first step as a member of Paducah Swim Team and is primarily for all 10 and under swimmers who can perform a 25 of at least two strokes legally. Refining the four strokes and having fun are the main points of emphasis. Swimmers will also begin to focus more on proper turns and starts. Swimmers may attend up to three practices per week. Practices are one hour.

RED

Ages: 9 and 12yrs
Practices Offered: 4 per week
Practice Length: 1 hour 15 minutes

RED is primarily for swimmers age nine through twelve years of age new to year-round swimming and not yet ready for the Blue group. Swimmer must be able to complete a 50 freestyle and a full 25 of two other strokes without stopping. In this introduction to year-round swimming the main focus is on proper stroke technique and racing skills. Swimmers and parents are introduced to the fun and exciting world of USA Swimming! Swimmers may attend up to four practices per week. Practices are one hour and fifteen minutes. Regular attendance is encouraged.

BLUE

Ages: 9 and Up
Practices Offered: 6 per week
Practice Length: 1 hour 30 minutes

BLUE is primarily for 10 and under swimmers with multiple State Championship time standards and rising 11 and older swimmers and 13 and over developmental. Swimmers must be able to perform all four strokes legally for a 50 without stopping.

Swimmers prepare to compete up to the state and regional level. This group focuses on further refinement of technique and racing skills. Swimmers receive enhanced swim training and are introduced to dry land at this level. Swimmers may attend up to six practices per week. Practices are one hour and thirty minutes. Solid attendance is expected.

SENIOR PROGRAMS

Paducah Swim Team's senior programs are for swimmers 13 and over who are seriously committed to preparation and success. Swimming is a serious priority to these swimmers and their families.

PRE-SENIOR GROUP

Ages: 11 & up
Practices Offered: Up to 6 per week
Practice Length: 2 hours

This group introduces swimmers to the senior level. Pre-Senior is primarily for 11 and 12 year old swimmers with multiple State Championship qualifying times, and for serious swimmers 13 and up committed to meet participation. It also fits those swimmers who do not yet meet senior group placement criteria, do not swim year-round, or had a late start in swimming. Stroke technique is strongly emphasized. Very high fitness levels are attained utilizing advanced pool and dryland training sessions. This group also focuses on long-range goal setting, training commitment, personal development and responsibility. Pre-senior prepares swimmers for the move to the senior group. Practice is offered 6 to 9 times per week for 2 hours. Strong commitment, attendance, and personal responsibility are expected.

SENIOR GROUP

Ages: 13 & Up
Practices Offered: Up to 8 per week
Practice Length: 2 to 3+ hours

Participation in the senior group is by invitation only. Swimming must be a top priority. Swimmers will continue to meet the highest standards of effort, attendance, attitude and long-range goal focus to remain in the senior group. Senior emphasis is on advanced technique, dry land, power and in-water training. Swimmers in this group do maximum training to achieve maximum results. Swimmers are required to attend all practices and meets that they qualify for. Swimmers practice 6-8 times per week for 2 to 3 or more hours.

The staff places each swimmer in an appropriate group based on age, ability, experience, maturity, training level and motivation. Additional criteria may be considered when placing swimmers but this should serve as a guideline. Coaches reserve the right to place any swimmer they feel is qualified into any group. Placement changes are usually made in September, December and April.

PADUCAH SWIM TEAM

SHORT COURSE PRACTICE SCHEDULE

AUGUST 17 - APRIL 2



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENIORS (see below)	3:30-6:00 PM	3:30-6:00 PM	3:30-6:00 PM	3:30-6:00 PM	4:00-6:00 PM	8:00-11:00AM
PRE SENIORS	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM (SENIORS)	8:00-10:00AM
BLUE	6:00-7:30 PM	4:30-6:00 PM (OPTIONAL)	6:00-7:30 PM	4:30-6:00 PM (OPTIONAL)	6:00-7:30 PM	10:00-11:30 AM
RED	6:00-7:15 PM	6:00-7:15 PM		6:00-7:15 PM	6:00-7:15 PM	
YELLOW		6:00-7:00 PM		6:00-7:00 PM		