



PROGRESSION LEVELS

DEVELOPMENTAL PROGRAM

GoldFish

While supporting the excitement & newness of swimming for young beginner swimmers, this group works on the essential underwater kicking and breathing skills needed for future efficient and speedy swimming.

Fundamentals I & II

This is an introduction to the sport of competitive swimming, designed for swimmers ages 7-10. Athletes will learn how to move through the water effectively while focusing on the four strokes and learning the techniques. There is detailed instruction with an emphasis on perfecting the FUNDamentals of the sport.

Fundamentals III

This is a face paced introduction to the sport of competitive swimming, designed for swimmers ages 10-14. Stroke emphasis will be on teaching all four legally competitive strokes, as well as starts and turns.

AGE GROUP PROGRAM

Skill Development I & II

These swimmers are on their way! As they begin to master the foundational strokes, athletes will be introduced to the skills they will need to be competitive at local meets—including racing starts, open turns, and flip turns. Skill Development swimmers are encouraged to attend meets.

Racing Development I & II

Here's where there is an increased focus on what it means to *race*. Athletes learn critical skills like breath control, tempo, race strategy, and (for lack of a better term) *grit*. There are two sub-groups within this classification: RD I and RD II. These levels are designed to complement each other and provide increased training volume and intensity as athletes age.

SENIOR PROGRAM

Champs

The name denotes what this group is all about: competing (and winning!) at local and state-level championship meets. As these athletes continue to master their racing skills, they will be encouraged to set goals consistent with competing at the South Texas Age Group championship meets (STAGS/TAGS/ZONEs) by earning regionally competitive times.

Senior Elite

After so much work and dedication, their time has come! These are our oldest athletes (typically high-school age & beyond) that have committed to the highest level of training. They receive intensive instruction designed to prepare them for national-level competition.