

MAVERICKS SWIM TEAM

Practice Group Descriptions



The Mavericks Swim Team has 5 different swim practice groups. As a swimmer joins the team, that swimmer will be assigned to a group based on his ability as determined by the coaching staff. Below is a description of each practice group.

Swim Club

This group will include swimmers brand new to Mavericks that have no swim team experience. These kids must have a background in swimming and need to be familiar with freestyle and backstroke. Swim Club will practice on Tuesday and Thursday. Competition is optional.

The goal of this group will be to learn all four strokes, flip turns, and starts while improving their fitness level through technique training. They will be ready to move up to the Bronze team when the coaches feel that the swimmer is comfortable with all four strokes and has improved his fitness level in order to swim longer swim sets.

Bronze Team

This group consists of kids that are either new to Mavericks or have moved up from Swim Club. If these kids are new to our team, they need to be familiar with all four strokes. Bronze Team's practices are scheduled for Monday, Wednesday, and Friday. Competition is optional.

The Bronze group will focus on stroke development, fitness through technique training, and introduction to swim meets and goal setting. They will be improving their technique in all four strokes, turns, starts, and also listening skills. A swimmer will move up to the Silver Team when he has shown that he can pay attention and swim longer sets.

Silver Team

This group consists of kids that are familiar with all Bronze skills. Silver Team's practices are scheduled for Monday-Friday. Competition is optional but will be encouraged.

The focus of this group will be to improve stroke technique, fitness, attention and listening skills, swim meet participation, racing ability, and goal setting. In this group, the swimmer will do a bit more in terms of yardage. Training will focus more on conditioning, and swimmers will do more complex swim sets. This is also when he will be asked to participate in competitions. A swimmer will move up to the Gold Team when he has shown a more serious and positive attitude, developed his listening skills, conditioning and technique, and has began setting more serious goals for the future.

Gold Team

This group consists of kids that are focused and more serious about swimming as a

year round sport with consistent daily practice attendance. Gold Team's practices are scheduled for Monday-Friday.

The focus of this group will be to improve technique and fitness, and concentrate on higher levels of competition, with detailed short and long-term goal setting. Generally, most kids will need to be at least 12 years old for this group. The group will swim longer distances for conditioning, and will also do fine tuning of technique. These swimmers will have a complete understanding of swim sets, drills, send-offs, and racing experience.

Senior Team

This group will include any swimmer that is in High School or has moved up from the Gold Team. These swimmers will be expected to have an understanding of all swim drills. Coaches will be helping swimmers maximize their skills, talents, and fitness for year round swimming and performance at competitions. These kids will also concentrate on peak performance at the High School Swimming Championships as well as preparing for College swimming.