

Swimmers

Swim Levels

The following training groups were designed to allow each swimmer the opportunity to be successful prior to taking the next step on the "ladder of success".

Lesson Group

NCA offers the Lesson Group for kids who show an interest in swimming and want to learn to swim. We offer it as often as needed, depending on interest. Our senior swimmers contribute their technical skill and love of swimming to their students.

Blue Group

This group is offered five (5) one-hour workouts a week. Emphasis is on proper body position, even at a young age, to develop stronger swimmers as they mature. The Blue Group focuses on Freestyle and Backstroke and introduces both the Butterfly kick and Breaststroke kick. A swimmer must be able to perform 25 yards of Freestyle and Backstroke without stopping to participate in the Blue Group.

To advance to the Bronze Group, a swimmer must

- Be able to swim 100 yards of Freestyle, Backstroke, Breaststroke and Butterfly without stopping or touching the bottom.
- Be able to swim 1,500 – 2,000 yards in a workout

Bronze Group

This group also offers five (5) one-hour workouts a week. The Bronze Group builds on the body position skills learned in the Blue Group, while the swimmer develops endurance to swim 1,200 – 3,000 yard workouts and focuses on technique. Dives and flip-turns are introduced and developed. This group also performs drills to learn Butterfly and Breast strokes.

To advance to the Silver Group a swimmer must

- Be able to complete 10 X 100's on the 2 minute interval prior to moving to the next level.
- Show a personal interest in swimming and develop listening skills.

Silver Group

The Silver Group offers five days a week with 1½ hour workouts each day; Dry Land Training is offered for thirty minutes prior to practice. This group builds on techniques developed in former groups and focuses on stroke enhancement and racing strategies by sharpening competitive skills. Remembering the names of drills is emphasized in this group. Silver Group swimmers swim approximately 5500 yards daily during peak season. Swimmers will need cap, goggles, suit, fins, and hand paddles.

Swimmers, 14 years and older with advanced stroke mechanics, advance to the Gold Group.

Gold Group

In the Gold Group, a swimmer has a last opportunity to refine his/her technique and endurance before entering our Senior/Pre-Senior group. Offered five days a week with 1½ to 2 hour workouts each day, it is often preceded by Dry Land training. The Gold Group works on stroke advancement in their challenging workouts.

Swimmers, 16 years and older with advanced stroke mechanics, advance to the Pre-Senior/Senior Group.

Pre-Senior/Senior Group

Our highest level swimmers swim in this group. These swimmers are offered 10 practices a week with some of the workouts being done out of the water (Dry Land training). This group is where our returning college swimmers train and our current swimmers work towards their college goals swim.

Required Swim Wear and Equipment

All swimmers wear appropriate swim attire. Jammers or briefs are suitable for boys and only one piece practice suits are appropriate for girls. Girls or boys with hair longer than 4 inches must wear a swim cap for all practices and meets.

Team Apparel

NCA offers various times throughout the year to order team apparel. You can also order racing suits, equipment bags, and parkas in team colors and with our logo through our website

Nutrition

One of the building blocks of quality training is good nutrition. For excellent articles which offer a variety of tips to help parents fuel their swimmers for training and competition, go to the following website: www.usaswimming.com. Select "Parent". Then, on the left side of website, select "Parent Resources". Finally, select "Nutrition."

Practice Times and Swim Breaks

Please contact NCA for list of current practice times or look on the team web site at www.northcountyaquatics.org

NCA takes two scheduled breaks during the year. Our first break occurs in mid to late August and our second break is during the winter holiday season. Please check the website, the newsletter or your e-mails for all updated information regarding the swim breaks.

