

Surge Aquatics Group Structure

We have six training groups at Surge Aquatics, each designed to meet swimmers where they are in their development. Below is a breakdown of each group, including its purpose and expectations.

Age Group Program (12 & Under)

This program builds the foundation for young swimmers. The Age Group program has three levels: Bronze, Silver, and Gold. As swimmers move up, they take on more practice time, training goals, and swim meet experiences.

Bronze Group

Who it's for: Swimmers who are new to year-round swimming and ready to learn all four strokes.

Goals:

- Learn proper technique in freestyle, backstroke, breaststroke, and butterfly
- Compete in races like the 100 Free and 50s of the other strokes at USA Swimming meets
- Start learning interval-based training

Expectations:

- Attend 2–4 practices a week
- Try 1–2 swim meets during the season
- Have fun and build confidence

Silver Group

Who it's for: Swimmers who have solid basics and are ready for more structured training.

Goals:

- Improve technique across all strokes
- Learn how to use a pace clock and follow sets
- Compete in 100 Free and 100 IM races

Expectations:

- Attend 2–4 practices a week
- Compete in 2–3 meets per season
- Stay competitive while having fun and being a great teammate

Gold Group (Advanced Age Group)

Who it's for: Swimmers aiming to qualify for championship meets like STAGS and TAGS.

Goals:

- Work toward "IM Ready" scores
- Qualify for STAGS or TAGS in at least one event

Expectations:

- Attend 3–5 practices a week
- Compete in 3 or more meets per season
- Show consistent effort and focus in training

Senior Program (13 & Over)

This program is for middle school and high school swimmers. It includes three groups based on commitment, age, and performance: Surge 2, Surge 1, and High Performance. The goal is to guide swimmers from local meets all the way to national-level competition.

Surge 2 (Developmental Senior Group)

Who it's for: 12 & Under ready for more intense training
13 & Overs developing the consistency needed for upper groups

Goals:

- Work on big-picture goals (like STAGS/TAGS)
- Compete in most meets

Expectations:

- Consistent practice attendance
- Take responsibility for effort, recovery, and preparation
- Get comfortable with a focused, competitive training environment

Surge 1 (Performance Training Group)

Who it's for: Swimmers competing at top age group levels or beginning to race at Senior-level meets.

Goals:

- Final at Age Group State or Senior State
- Begin working toward Sectional-level times

Expectations:

- Full commitment to both swimming and dryland
- Learn and apply pacing, stroke strategy, and training techniques

Surge High Performance

Who it's for: Swimmers aiming for Sectionals, Futures, NCSAs, and college swimming.

Goals:

- Final at high-level meets
- Qualify for Junior Nationals and prepare for NCAA swimming

Expectations:

- Commitment to all assigned practices and meets