

FGSC Training Groups

Athlete Development through Age Group Swimming

- FGSC Dragons offer 2 developmental & pre-competitive levels that aim to bridge the gap between lessons and competitive swim team

Pre-Comp 1:

- Minimum of 5 years old
- Minimum completion of level 3 swim lessons
- Fundamental understanding of Freestyle and Backstroke
- 15 yards Freestyle, Backstroke, and Flutter Kick in streamline and superman
- Required Training Equipment: Goggles
- Focus = Build freestyle and backstroke mechanics through kicking, posture, line & balance. Introduce progressions for breaststroke and butterfly by building the strokes from the inside out. Introduce streamlining, flip turns, open turns and circle swimming. Introduce the Racing Start progression.

Pre-Comp 2:

- Minimum of 5 years old
- Minimum completion of level 5 swim lessons
- 25-yard Freestyle with side breathing
- 25-yard Backstroke
- Required Training Equipment: Goggles
- Focus = pre-competitive, bridge the gap between lessons and competitive swim team

Bronze:

- Minimum of 5 years old
- 50-yard Freestyle with side breathing
- 50-yard Backstroke
- Safely Dive from the side
- Required Training Equipment: Swimming Fins
- Focus = Stroke Development & the competitive basics

Silver:

- Minimum of 9 years old
- Legal in all 4 competitive strokes and the ability to consistently swim all four strokes legally
- Complete 8 x 50 Freestyle @ 1:15
- Required Training Equipment: Swimming Fins & Swimmer Snorkel
- Focus = Stroke, Turn & Start Refinement, introduction to the pace clock

Gold:

- Minimum of 11 years old
- Legal in all 4 competitive strokes
- Demonstrates proficiency in practice
- Complete 8 x 100 @ 1:35
- Required Training Equipment: Goggles, Swimming Fins & Swimmer Snorkel, Small Bands
- Focus = Stroke, Turn & Start Refinement. Using & understanding the pace clock. Proficient in underwater swimming and begin to teach race strategy.

Senior Elite:

- Minimum of 13 Years old
- Proficiency in all 4 competitive strokes
- Complete 8 x 100 @ 1:25
- Required Training Equipment: Swimming Fins, Swimmer Snorkel, Small Bands, Pull buoy, Paddles and Tempo Trainer
- Focus = Stroke, Turn & Start Refinement. Using & understanding the pace clock. Perfect

underwater swimming. Become academic about your sport, teaching race strategies & advanced tactics.

***Swimmers may be allowed to advance to a new group with Head Coach approval**

***Practice attendance philosophy:**

What you put in you get out. Goals, commitment and effort must align.

***Meet attendance expectation:**

Expected to attend/support all home meets. Away meets family decision.

Training Equipment

Goggles

<https://www.swimoutlet.com/>



Fins

<https://www.swimoutlet.com/>

Sporti Essential Floating Swim Fin



TYR HydroBlade Swim Fins



Swimmer's Snorkel

<https://www.swimoutlet.com/>



Small Bands

<https://www.swimoutlet.com/>



Pull Buoy & Paddles

<https://www.swimoutlet.com/>



Tempo Trainer

<https://www.swimoutlet.com/>

