

PEORIA AREA WATER WIZARDS-MINNOWS

Overview:

The Minnows group is a feeder program for the PAWW Swim Team and is designed to teach swimmers basic concepts of competitive swimming. This group's focus is on teaching young swimmers proper techniques vs. training them.

Minnows are taught correct stroke mechanics in two basic swim strokes: Freestyle and Backstroke. This group learns proper streamline position, bi-lateral breathing, deep water entry, and an introduction to competitive starts (diving).

Swimmers in the Minnows group will not be required to join USA Swimming, Inc. and do not participate in swim meets.

Parents of Minnows swimmers are welcome to participate in the PAWW Parent's Club as Minnows swimmers are invited to all social activities of the PAWW Swim Team. This does include any fundraising activities.

Age: Any age

Skills needed to begin in the Minnows group are:

1. Open eyes under water
2. 15 bobs completely submerged
3. Jump in 5 ft of water
4. Front glide-2 body lengths
5. Back glide-2 body lengths
6. Freestyle -10 yards
7. Backstroke- 10 yards
8. Turn from front float position to back float position

Skills listed are general guidelines. Coaches will make final decision on advancement of swimmers to next level.

PEORIA AREA WATER WIZARDS-BRONZE

Overview:

The Bronze group is the entry level to competitive swimming with the PAWW Swim Team. This group is designed for beginner swimmers and provides quality instruction in the basic four competitive swim strokes: Freestyle, Backstroke, Breaststroke, and Butterfly. This group's focus is on teaching vs. training. Bronze is taught correct stroke mechanics in all four strokes, learns proper streamline position, proper breathing techniques needed for competitive swimming, competitive diving, and turns in all four strokes. Proper kicking is a key element in this group.

The Bronze groups is split into two distinct groups. One is for swimmers still learning basic swim skills and the other is for swimmers beginning to refine skills. Swimmers in the later group may still not have mastered all four strokes, turns and starts. They also may lack the endurance required to move to the Silver group. The advanced Bronze group will begin to learn practice sets but not on intervals.

Bronze swimmers are members of USA Swimming and are encouraged to participate in swimming competitions. Parents of Bronze swimmers are expected to participate in the PAWW Parents Club and assist in all fund raising and social activities of PAWW.

Parents should encourage and support young bronze swimmers while not pushing them too hard. This group's focus is on learning new skills while maintain fun in the water. Swimmers will have opportunities for hard work at higher levels of PAWW and should be let to progress at their own pace.

Age: All 8 and under swimmers. Swimmers 9 and over who are beginning competitive swimming and have not mastered all strokes, turns, and starts.

Skills needed to begin in the Bronze group are:

1. Open eyes under water
2. Swim under water 2 body lengths.
3. Jump in deep end of pool and swim to wall.
4. Front glide-10 yards
5. Back glide-10 yards
6. Freestyle -20 yards
7. Backstroke- 20 yards
8. Turn from front float position to back float position

Basic skills needed to be consider to move to Silver:

1. Front dive off blocks
2. Freestyle flip turn correct position off wall
3. Backstroke flip turn correct mechanics
4. Freestyle: Correct body position; body streamline during glide. Arms enter water just outside shoulder, fingers first; Correct head position with correct breathing; hands recover, are efficient and coordinate throughout the stroke.
5. Backstroke: Correct body position; body streamline during glide; Proper rotation with correct arm recovery; kicking is coordinated throughout arm action; breathing with inhale during recover and exhale during power phase. Symmetrical movement throughout the stroke.
6. Breaststroke: Correct body position/motion; Body streamline during glide; Breathing fluid throughout the pull movement; Coordinated Pull, Kick and Glide. Proper power pull mechanics.
7. Butterfly: Correct body position/motion; wave-like (dolphin) movement throughout; hands enter in front of or slightly outside shoulders; arms recover above the surface and are simultaneous; Arms straight or nearly straight and relaxed during recover; kick moves together in same horizontal plane-no separation; breathing at end of arm stroke power phase; begins two kicks per arm stroke movement.

Skills listed are general guidelines. Coaches will make final decision on advancement of swimmers to next level.

PEORIA AREA WATER WIZARDS-SILVER

Overview:

The Silver group is a transitional level for the competitive swimmer. This group will focus on all elements of the Bronze group but will begin to focus on training verses teaching. Although proper techniques will continue to be stressed at this level, swimmers will be introduced to competitive training techniques. Interval training will be common during workouts and swimmers will experience longer practice times. Silver swimmers are encouraged to increase the number of practices they attend and will focus on team work, sportsmanship and discipline. Silver swimmers will be expected to complete goals sheet and coaches will work more closely with the athletes to further refine skills to meet goals.

The silver group is split into two distinct groups. Silver 2 is for swimmers to begin interval training and improve stroke techniques while improving endurance. The Silver 1 group is introduced to work out sets normally seen in Pre-Gold workouts but at shorter distances and time intervals.

Silver swimmers are members of USA Swimming and are expected to routinely participate in swimming competitions. Parents of Silver swimmers are expected to participate in the PAWW Parents Club and assist in all fund raising and social activities of PAWW. Parents will still need to encourage and provide support for their children. Sometimes support at this level will be allowing a young person to prove himself or herself or go it alone.

Age: Swimmers 9 and over who are have goods skills in all strokes, turns, and starts. These swimmers are willing to make a commitment to endurance swimming.

Skills needed to begin in the Silver group are:

1. Swim underwater 12 yards
2. Swim 200 yards Freestyle with bi-lateral breathing
3. Kick 200 yard Freestyle
4. Complete 200 Free and 100 IM in competitions.
5. Swim 100 yards Backstroke and Breastroke
6. Swim 75 yards butterfly
7. Tread water for 5 minutes
8. Complete 10 x 50 Freestyle on 1:10
9. Complete time test in 500 Free (BB National Age Group Time)
10. Must attend 2-3 short course yard meets and 1-2 long course yard meets

Basic skills needed to be consider to move to Gold 2:

1. 50% or greater practice attendance.
2. Swimmers show self discipline skills
3. Understands interval training and comfortable with pace clock.
4. Correctly completes drill sets in all four strokes
5. Shows time improvement during swim competitions.
6. Shows time improvement in practice "tests" throughout swim season.
7. Swimmer has written goals for improvement.
8. Parents and swimmer have met with head coach before moving to Pre-Gold.
9. Consistently attends swim meets with PAWW (includes away meets)

Skills listed are general guidelines. Coaches will make final decision on advancement of swimmers to next level.

PEORIA AREA WATER WIZARDS-GOLD 2

Overview:

The Gold 2 group is for swimmers looking to maintain swimming endurance train with a competitive swim program.

Interval training is common throughout the season and swimmers will experience a defined season training plan which is focused on goals.

Gold 2 swimmers are encouraged to increase the number of practices they attend and will focus on team work, sportsmanship and discipline. Swimmers are encouraged to participate in PAWW swim meets throughout the season. Goal sheets are required and coaches will work more closely with the athletes to further refine skills to meet goals.

Gold 2 swimmers are members of USA Swimming. Parents of Gold 2 swimmers are expected to participate in the PAWW Parents Club and assist in all fund raising and social activities of PAWW. Parents are expected to encourage and provide support for their children. Support at this level is focused on swimming goals and assisting swimmers to maintain high attendance and a higher level of commitment to swimming.

Age: Swimmers 11 and over who have good skills in all strokes, turns, and starts. These swimmers are willing to make a commitment to endurance swimming.

Skills needed to begin in the Gold 2 group are:

1. Swim underwater 25 yards
2. Swim 500 yards Freestyle with bi-lateral breathing
3. Kick 400 yard Freestyle
4. Complete 1000 Free and 400 IM in competitions.
5. Swim 200 yards Fly, Backstroke and Breaststroke in competitions
6. Tread water for 15 minutes
7. Complete 30 minute time test determined by coach
8. Complete time test in 500 Free (A National Age Group Time)

Basic skills needed to be considered to move to Gold 1:

1. 75% or greater practice attendance.
2. Swimmers show self discipline skills
3. Understands endurance training and comfortable with pace clock.
4. Can perform gold drill sets in all four strokes on a time interval established by coach
5. Shows time improvement during swim competitions.
6. Shows time improvement in practice "tests" throughout swim season.
7. Swimmer has written goals for improvement.
8. Parents and swimmer have met with head coach before moving to Gold.
9. Consistently attends swim meets with PAWW (includes away meets)

Skills listed are general guidelines. Coaches will make final decision on advancement of swimmers to next level.

PEORIA AREA WATER WIZARDS-GOLD 1

Overview:

The Gold 1 group is the first level of disciplined competitive swimming at PAWW. Training is rigorous and swimmers participating in this group are dedicated and committed to a high level of training. Swimmers will experience a defined season training plan focused on coach/swimmer goals.

Gold 1 swimmers are expected to attend 75% of the scheduled practices and be working to commit themselves to better work ethic in and out of the pool. Swimmers are required to be at practice on time and ready to enter the water at defined times established by the head coach. Swimmers will begin to be role models for other swimmers in the PAWW program. Their action and behaviors in and out of the pool must maintain a high standards.

Gold 1 swimmers are members of USA Swimming. Parents of Gold 1 swimmers are expected to participate in the PAWW Parents Club and assist in all fund raising and social activities of PAWW. Parents are expected to maintain high visibility in PAWW Parents club activities and are strongly encouraged to participate on the PAWW Parents Club Board or act as Meet Directors or Social Activity chairpersons. This level requires commitment from not only the swimmer but the parents as well. Communication with the Head Coach is required.

Age: Swimmers 13 and over who have excelled skills in all strokes, turns, and starts. These swimmers are willing to make a commitment to endurance swimming and are required to meet with the Head Coach on a regular basis.

Skills needed to begin in the Gold group are:

1. Regularly competes in 400 IM, 200 yard Fly, Backstroke and Breastrokes at meets
2. Participates in longer distance events including 1650 Free
3. Completes 30 minutes time test as defined by Head Coach
4. Completes other time tests as established by Head Coach
5. Must compete in 3 or 4 short course meets per year and 2 or 3 long course meets per year

Commitment required to be considered for the Senior level at PAWW:

1. 90% or greater practice attendance.
2. Swimmers show self discipline skills
3. Limited or minimal outside commitments that require swimmer to not meet practice or meet requirements
4. Swimmer has written goals for improvement.
5. Attends PAWW meets on a consistent level. Attends major meet including Speedo Sectionals or Seniors
6. Parents and swimmer meet with Head Coach on a consistent basis and maintain good communication throughout the seasons

Skills listed are general guidelines. Coaches will make the final decision on advancement of swimmers to next level.

PEORIA AREA WATER WIZARDS-SENIOR

Overview:

This is the highest level of competitive swimming training at PAWW. Swimmer must maintain high standards of excellence in and out of the pool. Swimmers are role models for others in the PAWW program. Swimmers in the Senior group may assist other coaches in teaching swimming skills to other groups as needed.

Senior swimmers are expected to attend 90% of the scheduled practices. If swimmers do not maintain this level of commitment a parent/swimmer/Head Coach meeting will be scheduled to determine continuing at this level. Swimmers are required to be at practice on time and ready to enter water.

Senior swimmers are members of USA Swimming. Parents of Senior swimmers are expected to participate in the PAWW Parents Club and assist in all fund raising and social activities of PAWW. Parents are expected to maintain high visibility in PAWW Parents club activities and are have participated on the PAWW Parents Club Board, been a PAWW Meet Director or a Social Activity chairpersons. This level requires commitment from not only the swimmer but the parents as well. Communication with the Head Coach is required.

Age: Any swimmer able to meet practice commitment and complete skills listed below:

Skills needed to begin in the Senior group are:

1. Regularly competes in 400 IM, 200 yard Fly, Backstroke and Breastrokes at meets
2. Must have a Senior Illinois State Cut in event or have qualified for Zone meet at any age level.
3. Completes 30 minutes time test as defined by Head Coach
4. Completes other time tests as established by Head Coach

Skills listed are general guidelines. Coaches will make final decision on advancement of swimmers to next level.