



GROUP DESCRIPTIONS AND REQUIREMENTS

The Lawrence Aquahawks offer professional technique instruction and training. The program is divided into smaller practice groups based on the requirements and expectations listed below for each group. These requirements are flexible and may be altered after the conclusion of the season if the coaching staff sees fit. They are a guide that coaches use to decide which group best fits a swimmer's needs at any given time.

The progression of each swimmer is based on meeting the expectations, time standards, and age. Group advancement is determined by the coaching staff. Swimmers will have the opportunity to advance 3x per year: August, Christmas Break, and the conclusion of the Short Course Season. Please remember that the coaches have your child's best interest at heart. Our program is designed for long-term success and development, not short-term accolades.

The coaching staff for the Lawrence Aquahawks has and will always have a large amount of flexibility when it comes to working with swimmers who are committed and willing to work with the coaching staff to come up with creative solutions to accommodate scheduling conflicts. It is ultimately up to the swimmers and parents of swimmers to communicate with the coaching staff to address possible scheduling conflicts. **The Head Coach decides to rubber-stamp the feasibility of making exceptions for swimmers/athletes and his/her needs without compromising the group's needs and the Lawrence Aquahawks' overall goals.**

Guidelines for the skills checklist and questions with movement:

- As swimmers move through the skills AT THEIR OWN INDIVIDUAL PACE, our coaching staff will recommend to the Head Coach when the swimmer should move up into the next highest-level group.
- Any disagreement between a swimmer/parent and the coaching staff regarding a swimmer's completion of these checklist guidelines should be resolved through a discussion between the parent, the swimmer, and the Head Coach.
- If there is still further disagreement, the parent or swimmer may request a discussion with the Head Coach and a member of the BOD.

The Lawrence Aquahawks Swim

Groups

Each swimmer is placed into one of the following groups based on their ability. These groups are designed to progress your swimmer properly. We use the guidelines below to teach and progress your swimmer. We will only advance groups when the swimmer is ready.

We do not have a hard practice requirement. We encourage families to try and attend as many practices as they can. We recommend at least three practices per week to see significant progress for our Mini Hawks, Bronze, and Silver groups. We recommend at least four practices per week for Gold and Senior 2. We highly encourage swimmers in Platinum, Senior 1, and High School Prep to attend every practice.

ALL swimmers are encouraged to attend swim meets, especially those hosted by the Aquahawks. Any swimmer who achieves a championship time standard (district, championship, or higher) will attend the championship meet.

Mini Hawks

This is our learn-to-swim group. Swimmers will focus on learning all four strokes and essential skills regarding turns and starts. Coaches will be in the water with the swimmers to provide direct instruction. To be eligible for this group, swimmers must be able to swim 5 yards on their front or back solo. Requirements to move up include 50 freestyle and backstroke, legal dolphin and breaststroke kicks, intro to racing starts, and flip turns.

Bronze

Bronze is our beginning swim team group. Swimmers will continue to focus on learning the four strokes and begin building up endurance. Swimmers will need to advance from mini hawks or be placed in bronze via evaluation.

Bronze swimmers will be working on the following skills: swimming up to a 200-yard freestyle, 100-yard backstroke, 50-yard legal fly and breaststroke, racing starts, flip turns, and underwater skills.

Silver

Silver is the next level up. Swimmers in silver will have completed all of the skills listed under the bronze group or be placed in silver via evaluation.

Silver swimmers will be working on all of the previously learned skills, but adding endurance. They will be able to complete workouts while maintaining the correct technique. Swimmers will work on the following: 500 freestyle, breathing patterns for freestyle, backstroke endurance, fly and breaststroke technique, 100-200 yards of each stroke, IM techniques and endurance, starts, intervals, and turns.

Gold

Gold is the more advanced age group. Swimmers will have completed all of the silver skills or be placed in gold. Swimmers are expected to be able to maintain their perfect technique throughout the entire practice. Gold will be starting to get into written workouts and be expected to follow them all the way through. The overall goal of gold is to finalize the technique work on all four strokes and begin to build the endurance needed for future swimming.

Platinum

This group is our highest age group level. Swimmers in this group are too advanced for the gold technique curriculum and will be focused on swim meet performance. Swimmers in platinum will be working toward achieving district or championship-level time standards. Platinum swimmers will still work on technique but mainly focus on achieving higher time standards. The head coach will promote swimmers in this group once they have completed the gold curriculum.

Senior

The senior group is specifically for our high school swimmers. Once a swimmer begins high school, they are required to move into this group. All ability levels will be swimming within the same group. Swimmers in the senior group are expected to attend a majority of our weekly practice offerings. Swimmers will be challenged to achieve their goals as well as focus on the technique that will help them achieve their goals. Our wide range of coaching is perfect for a beginner swimmer through to a national-level swimmer. Swimmers will be pushed to excel in high school swimming, as well as preparing for college swim.

High School Prep (Senior 4)

This is a unique offering for our new high school swimmers who want to join the club team. Swimmers in this group will be limited to three practices per week. High school prep swimmers will have a maximum stay of one calendar year in this group before having to move into the senior group. High school prep is based on building off of the high school season and improving technique in order to come back faster next year. Our coaching staff will be mindful of their previous success while pushing the swimmers to become the best version of themselves in the water.

College Program

The Aquahawks are proud to announce our new college group program. This program is for our college-aged swimmers to continue swimming, without having to be worried about financial constraints. Swimmers in this group are expected to have a high school diploma as well as individually fund their own swimming while being enrolled full-time in a post-secondary program. Swimmers who wish to join this group need to set up a meeting with the coaching staff to discuss the specifics of this group.