

	Developmental			Traditional		USA		
Group Name	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
Age range	4-7	6-8	9-13	7-12	11-18	9-12	11-18	13-18
Overview	Intro to Competitive swimming: freestyle, backstroke and diving	Basics of all four competitive strokes and racing starts	Basics of all four competitive strokes, turns, and racing starts	Improving mechanics of all four strokes and introducing racing strategies	Improving mechanics of all four strokes and introducing racing strategies	Increased focus on training all strokes and competing	Sophisticated stroke instruction and training for competition	Sophisticated training with focus on success at USA Championship meets and High School State meets
Prerequisites	Swim one length of pool (25 yds)	Swim 25yds each freestyle and backstroke	Swim 50 yds each freestyle and backstroke	Swim 25 yds each of free, back, breast, and fly	Swim 50 yds each of legal free, back, breast, and fly	Coach's Invitation		
Practice Requirements	Two times per week			Two times per week		Three practices and dryland required. 4th practice optional.		
Practice Options	Mon/Wed 5-6pm or Tues/Thurs 4-5pm			Mon/Wed 6-7pm or Tues/Thurs 5-6pm		M/Tu 7-8:30pm and Th 6-7 or Tues 6-7 and W/Th 7-8:30		
Training	100% Instruction			67% Instruction 33% Training	50% Instruction 50% Training	33% instruction 67% training Dryland also required		25% instruction 75% training Dryland also required
Competition	JCC MASL League Dual Meets and Champs (optional)			JCC MASL League Dual Meets and Champs		JCC MASL League Dual Meets and Champs. USA meets optional but encouraged		
Dryland	N/A			Sundays (optional)		Tuesday or Thursday in conjunction with swim practice		
Dates	November 5th - March 4th			November 5th - March 4th		September 24 - March 24		
Season Fees (Monthly Payment Options Available)	\$300 M/\$400 NM			\$300 M/\$400 NM		\$550 M/\$650 NM The higher rate is a result of three nights/practice per week, dryland training and the USA registration fee. USA Swimmers will pay an additional per-meet/per-event fee for every USA meet they enter.		