

## Asphalt Green Unified Aquatics – Competitive Team Overview

DIVISIONS	GROUPS	PURPOSE	RELATIONSHIP	WORKING ATHLETE DEVELOPMENT CURRICULUM
Senior Division				
Ages: 15 & up  # Practices/wk: 6-9  Practice Durations: 90-180 minutes	National Senior 2 Senior 1	“Compete to Excel” – AGUA athletes continues to learn and be taught progressively as well as take ownership to put it all together for the purpose of “excelling” towards their career goals.	Swimmer Led-Coach Directed & Parent Supported  Value Drivers: Partner – Empower – Celebrate	Mastery of racing skills & strategy. Character ownership, strength development. Exposure to variety of camp & champ experiences (team to national level). Performance prep (nutrition-rest-recovery-psychology)
13-14 Division				
Ages: 13-14  # Practices/wk: 5-6  Practice Durations: 90-120 minutes	AG4 Gold AG4 Green	“Practice to Compete” – AGUA athletes will be taught progressive skills, drills, & technique in a variety of ways to prepare them for not only the present but also the senior level. They will learn race strategies, build upon practice habits & skill development to use in meets. Also, swimmer will learn “outside” the pool habits & decision-making will have an effect on meets as much as the “day to day” work they put into practices. AGUA athletes will compete at the local, state, regional level & potentially nationally as well.	Coach & Swimmer Led – Parent Supported  Value Drivers: Support – Serve – Layered Commitment	Progression of racing skills & strategy. Character ownership, strength development. Exposure to variety of camp & championship experiences (team to national level). Performance preparation (nutrition-rest-recovery-mental edge).
11-12 Division				
Ages: 11-12  # Practices/wk: 4  Practice Durations: 90-105 minutes	AG3 Gold AG3 Green	“Learn to Practice” – AGUA athletes will progress from the fundamental skills & technique taught in the 10 & under divisions and continue to build towards an advanced level of learning. They will also start understanding how to implement learned skills & technique into “practice sets”. This will be useful to increase their skill level at meets as well as for long-term development in the sport of swimming. AGUA athletes will compete at local, state, and regional levels.	Coach Led – Parent & Swimmer Supported  Value Drivers: Support – Serve – Layered Commitment	Foundational skills & technique. Character development. Kinesthetic awareness. Exposure to camps & championship format (team & LSC/regional level); nutrition.
10 & Under Division				
Ages: 10 & under  # Practice/wk: 4  Practice Durations: 45-75 minutes	AG2 Gold (9-10) AG2 Green (10&u) AG1 (10&u)	“FUN”amentals – To teach AGUA athletes entering the sport of competitive swimming a great foundation of skill development & technique in a style that can be FUN & FRUITFUL for long term growth in the sport of swimming. AGUA athletes & parents are introduced to competitive meets with the thought in mind of “family” friendly atmosphere & grow to championship meets.	Parent – Coach Led  Value Drivers: Invest – Connect – Ignite	Foundational skills & technique. Athletic development/character. Education/intro to competition.

### Asphalt Green Unified Aquatics – Competitive Team Overview – 13-14 Division

DIVISIONS								
13-14 Division								
Groups	Expectations	Attendance	Goals	Measurement	Meet Policy	Suit Policy	Competitive Goals	Equipment
AG4 Gold								
Ages: 13-14  # Practices/wk: 6  Practice Durations: 90-120 minutes  Coaches: John Fedena Matt Hall Hailey Hewitt	Swimmers are expected to <b>CULTIVATE</b> the AGUA Team Values of Respect, Accountability and Discipline both in and out of the water at all times.	Swimmers are expected to attend 88% of practices offered per month. Swimmers should make at least 21 out of 24 practices.	Solidify the ability to arrange the future based on a specific plan design	Swimmers are able to plan long term and know the path they need to take	Swimmers are expected to compete in the highest level meet qualified, based on plan with coach. Goals of achieving JO, Zone, Sectional, Futures, and Junior National cuts	AGUA is a TYR sponsored club. TYR suits will be the ONLY acceptable suit worn at meets.  Acceptable Suits: - AGUA Team Suit - *Fusion 2 - *Thresher - *Avictor (Sectionals and Above) *Designated Competitions	IMX Events: 500 Free 200 Fly 200 Back 200 Breast 200 IM 400 IM Plus: 1000 Free 1650 Free	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Kick Board 5. Pull Buoy *See TYR Group Equipment Package
AG4 Green								
Ages: 13-14  # Practices/wk: 5  Practice Durations: 90-120 minutes  Coaches: John Fedena Matt Hall Hailey Hewitt	Swimmers are expected to <b>CULTIVATE</b> the AGUA Team Values of Respect, Accountability and Discipline both in and out of the water at all times.	Swimmers are encouraged to attend 4-5 practices per week.	Solidify the ability to arrange the future based on a specific plan design	Swimmers are able to plan long term and know the path they need to take	Swimmers are encouraged to compete in the highest level meet qualified, based on plan with coach. Goals of achieving JO and Zone cuts.	AGUA is a TYR sponsored club. TYR suits will be the ONLY acceptable suit worn at meets.  Acceptable Suits: - AGUA Team Suit - *Fusion 2 - *Thresher - *Avictor (Sectionals and Above) *Designated Competitions	IMR Events: 200 Free 100 Fly 100 Back 100 Breast 200 IM Plus: 400 IM 2 of 3: 200 Fly 200 Back 200 Breast	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Kick Board 5. Pull Buoy *See TYR Group Equipment Package



## Asphalt Green Unified Aquatics – Competitive Team Overview – 10 & Under Division

DIVISIONS								
10 & Under Division								
Groups	Expectations	Attendance	Goals	Measurement	Meet Policy	Suit Policy	Competitive Goals	Equipment
<b>AG2 Gold</b>								
<p>Ages: 9-10</p> <p># Practices/wk: 4</p> <p>Practice Durations: 75 minutes</p> <p>Coaches: Diana Pimer (UES) Heather Librizzi (UES) Hailey Hewitt (BPC/UES)</p>	<p>Swimmers are expected to <b>UPHOLD</b> the AGUA Team Values of Respect, Accountability and Discipline both in and out of the water at all times.</p>	<p>Swimmers are expected to attend 75% of practices offered. This is 12 out of 16 practices every month.</p>	<p>Laying a foundation of skills and knowledge in order to promote the ability to arrange the future.</p>	<p>Swimmers are able to complete all four strokes, execute major competitive swimming skills and practices, and develop situational awareness.</p>	<p>Swimmers are expected to compete in the highest level meet qualified, based on plan with coach. Goals of achieving JO qualification</p>	<p>AGUA is a TYR sponsored club. The TYR AGUA team suit will be the <b>ONLY</b> acceptable suit worn at ALL meets.</p>	<p>IMX Events: 100 Butterfly 100 Backstroke 100 Breaststroke 100 Freestyle 200 Freestyle 200 IM</p>	<p>All equipment is at practice and in good working order.</p> <ol style="list-style-type: none"> <li>1. Snorkel</li> <li>2. Fins</li> <li>3. AGUA cap</li> <li>4. Appropriate goggles</li> </ol> <p>*See TYR Group Equipment Package</p>
<b>AG2 Green</b>								
<p>Ages: 10 &amp; under</p> <p># Practices/wk: 4</p> <p>Practice Durations: 60-75 minutes</p> <p>Coaches: Diana Pimer (UES) Heather Librizzi (UES) Hailey Hewitt (BPC/UES)</p>	<p>Swimmers are expected to <b>USE</b> the AGUA Team Values of Respect, Accountability and Discipline both in and out of the water at all times.</p>	<p>Swimmers are encouraged to attend at least 60% of practices offered. This is 10 out of 16 practices every month.</p>	<p>Laying a foundation of skills and knowledge in order to promote the ability to arrange the future.</p>	<p>Swimmers are able to complete all four strokes and execute major competitive swimming skills and practices.</p>	<p>Swimmers are encouraged to compete in as many meets as possible, in order to compete in all four strokes</p>	<p>AGUA is a TYR sponsored club. The TYR AGUA team suit will be the <b>ONLY</b> acceptable suit worn at ALL meets.</p>	<p>IMR Events: 50 Butterfly 50 Backstroke 50 Breaststroke 50 Freestyle 100 Freestyle 100 IM</p>	<p>All equipment is at practice and in good working order.</p> <ol style="list-style-type: none"> <li>1. Snorkel</li> <li>2. Fins</li> <li>3. AGUA cap</li> <li>4. Appropriate goggles</li> </ol> <p>*See TYR Group Equipment Package</p>
<b>AG1</b>								
<p>Ages: 10 &amp; under</p> <p># Practices/wk: 4</p> <p>Practice Durations: 45 minutes</p> <p>Coaches: Diana Pimer (UES) Heather Librizzi (UES) Hailey Hewitt (BPC/UES)</p>	<p>Swimmers are expected to <b>LEARN</b> the AGUA Team Values of Respect, Accountability and Discipline for use both in and out of the water.</p>	<p>Swimmers are recommended to attend 60% of practices offered. This is 10 out of 16 practices every month.</p>	<p>Laying a foundation of skills and knowledge in order to promote the ability to arrange the future.</p>	<p>Swimmers are able to complete all four strokes and execute major swimming skills and practices.</p>	<p>Swimmers are recommended to compete in as many meets as possible, in order to compete in all four strokes</p>	<p>AGUA is a TYR sponsored club. The TYR AGUA team suit will be the <b>ONLY</b> acceptable suit worn at ALL meets.</p>	<p>Compete In: 50 Butterfly 50 Backstroke 50 Breaststroke 50 Freestyle</p>	<p>All equipment is at practice and in good working order.</p> <ol style="list-style-type: none"> <li>1. Fins</li> <li>2. AGUA cap</li> <li>3. Appropriate goggles</li> </ol> <p>*See TYR Group Equipment Package</p>

