Asphalt Green Unified Aquatics – Competitive Team Overview

DIVISIONS	GROUPS	PURPOSE	RELATIONSHIP	WORKING ATHLETE DEVELOPMENT CURRICULUM
Senior Division				
Ages: 15 & up # Practices/wk: 6-9	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	Swimmer Led-Coach Directed & Parent Supported	Mastery of racing skills & strategy. Character ownership, strength development. Exposure to variety of camp & champ experiences (team to
Practice Durations: 90-180 minutes		goals.	Value Drivers: Partner – Empower – Celebrate	national level). Performance prep (nutrition-rest-recovery-psychology)
13-14 Division				
Ages: 13-14 # Practices/wk: 5-6	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	Coach & Swimmer Led – Parent Supported	Progression of racing skills & strategy. Character ownership, strength development. Exposure to variety of camp & championship experiences
Practice Durations: 90-120 minutes		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.	Value Drivers: Support – Serve – Layered Commitment	(team to national level). Performance preparation (nutrition-rest-recovery-mental edge).
11-12 Division				
Ages: 11-12	AG3 Gold AG3 Green	"Learn to Practice" – AGUA athletes will progress from the fundamental skills & technique taught in the 10 & under	Coach Led – Parent & Swimmer Supported	Foundational skills & technique. Character development. Kinesthetic awareness. Exposure to
# Practices/wk: 4		divisions and continue to build towards an advanced level of learning. They will also start understanding how to	Value Drivers:	camps & championship format (team & LSC/regional level); nutrition.
Practice Durations: 90-105 minutes		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.	Support – Serve – Layered Commitment	
10 & Under Division				
Ages: 10 & under	AG2 Gold (9-10) AG2 Green	"FUN" damentals – To teach AGUA athletes entering the sport of competitive swimming a great foundation of skill	Parent – Coach Led	Foundational skills & technique. Athletic development/character. Education/intro to
# Practice/wk: 4	(10&u) AG1	development & technique in a style that can be FUN & FRUITFUL for long term growth in the sport of swimming.	Value Drivers: Invest – Connect –	competition.
Practice Durations: 45-75 minutes	(10&u)	AGUA athletes & parents are introduced to competitive meets with the thought in mind of "family" friendly atmosphere & grow to championship meets.	Ignite	

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 CULTIVATE 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 CULTIVATE 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 – **11-12 Division**

DIVISIONS								
11-12 Division								
Groups	Expectations	Attendance	Goals	Measurement	Meet Policy	Suit Policy	Competitive Goals	Equipment
AG3 Gold								
Ages: 11-12 # Practices/wk: 4	Swimmers are expected to DEMONSTRATE the AGUA Team Values of	Swimmers are expected to attend 82% of practices	Mastery of the Fundamental Progressions and	Swimmers are able to plan for a season, build a	Swimmers are expected to	AGUA is a TYR sponsored club. TYR suits will be the	IMX Events: 500 Free 100 Fly	All equipment is at practice and in good working order.
# Practices/ wk. 4	Respect, Accountability	offered per month.	Skills. Developing	strong work ethic,	compete in the highest level meet	ONLY acceptable suit	100 Fly 100 Back	1. Snorkel
Practice Durations: 90-105 minutes	and Discipline both in and out of the water at	Swimmers should make at least 13 out	a base set of racing skills.	and recognize the values of Long	qualified, based on plan with coach.	worn at meets.	100 Breast 200 IM	 Fins Paddles
50 105 minutes	all times.	of 16 practices.	racing skins.	Term Athlete	Goals of achieving	Acceptable Suits:	Plus:	4. Kick
Coaches:				Development.	JO and Zone cuts.	- AGUA Team Suit	400 IM	Board
Matt Hall (UES) Hailey Hewitt (UES)						- *Fusion 2 *Designated	1 of 3: 200 Fly	*See TYR Group Equipment Package
John Fedena (UES)						Competitions	200 Back 200 Breast	Equipment rackage
AG3 Green								
Ages: 11-12	Swimmers are expected to DEMONSTRATE the	Swimmers are encouraged to attend	Mastery of the Fundamental	Swimmers are able to plan for a	Swimmers are encouraged to	AGUA is a TYR sponsored club. TYR	IMR Events: 200 Free	All equipment is at practice and in good
# Practices/wk: 4	AGUA Team Values of Respect, Accountability	3-4 practices per week.	Progressions and Skills. Developing	season, build a strong work ethic,	compete in the highest level meet	suits will be the ONLY acceptable suit	50 Fly 50 Back	working order. 1. Snorkel
Practice Durations:	and Discipline both in		a base set of	and recognize the	qualified, based on	worn at meets.	50 Breast	2. Fins
90 minutes	and out of the water at all times.		racing skills.	values of Long Term Athlete	plan with coach. Goals of achieving	Acceptable Suits:	100 IM Plus:	3. Paddles 4. Kick
Coaches:				Development.	JO cuts.	- AGUA Team Suit	200 IM	Board
Matt Hall (UES)						- *Fusion 2		*See TYR Group
Hailey Hewitt (BPC)						*Designated Competitions		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
AG2 Gold								
Ages: 9-10 # Practices/wk: 4	Swimmers are expected to UPHOLD the	Swimmers are expected to attend 75% of practices	Laying a foundation of skills and	Swimmers are able to complete all four strokes,	Swimmers are expected to compete in the highest level	AGUA is a TYR sponsored club. The TYR AGUA team	IMX Events: 100 Butterfly 100 Backstroke	All equipment is at practice and in good working order.
	AGUA Team	offered. This is 12 out	knowledge in	execute major	meet qualified, based	suit will be the	100 Breaststroke	1. Snorkel
Practice Durations: 75 minutes	Values of Respect, Accountability and Discipline	of 16 practices every month.	order to promote the ability to	competitive swimming skills and practices,	on plan with coach. Goals of achieving JO qualification	ONLY acceptable suit worn at ALL meets.	100 Freestyle 200 Freestyle 200 IM	 Fins AGUA cap Appropriate
Coaches: Diana Pimer (UES)	both in and out of the water at all		arrange the future.	and develop situational	quanneation	meets.	200 1101	goggles *See TYR Group
Heather Librizzi (UES)	times.		ruture.	awareness.				Equipment Package
Hailey Hewitt (BPC/UES)								
AG2 Green								
Ages: 10 & under	Swimmers are expected to USE	Swimmers are encouraged to attend	Laying a foundation of	Swimmers are able to complete	Swimmers are encouraged to	AGUA is a TYR sponsored club. The	IMR Events: 50 Butterfly	All equipment is at practice and in good
# Practices/wk: 4	the AGUA Team Values of Respect,	at least 60% of practices offered.	skills and knowledge in	all four strokes and execute	compete in as many meets as possible, in	TYR AGUA team suit will be the	50 Backstroke 50 Breaststroke	working order. 1. Snorkel
Practice Durations: 60-75 minutes	Accountability and Discipline both in and out of	This is 10 out of 16 practices every month.	order to promote the	major competitive swimming skills	order to compete in all four strokes	ONLY acceptable suit worn at ALL	50 Freestyle 100 Freestyle	2. Fins 3. AGUA cap
Coaches:	the water at all	montn.	ability to arrange the	and practices.		meets.	100 IM	4. Appropriate goggles
Diana Pimer (UES) Heather Librizzi (UES)	times.		future.					*See TYR Group Equipment Package
Hailey Hewitt (BPC/UES)								
AG1								
Ages: 10 & under	Swimmers are	Swimmers are	Laying a	Swimmers are	Swimmers are	AGUA is a TYR	Compete In:	All equipment is at
# Practices/wk: 4	expected to LEARN the AGUA Team Values of	recommended to attend 60% of practices offered.	foundation of skills and knowledge in	able to complete all four strokes and execute	recommended to compete in as many meets as possible, in	sponsored club. The TYR AGUA team suit will be the	50 Butterfly 50 Backstroke 50 Breaststroke	practice and in good working order. 1. Fins
Practice Durations:	Respect,	This is 10 out of 16	order to	major swimming	order to compete in all	ONLY acceptable	50 Freestyle	2. AGUA cap
45 minutes	Accountability and Discipline for	practices every month.	promote the ability to	skills and practices.	four strokes	suit worn at ALL meets.	·	3. Appropriate goggles
Coaches: Diana Pimer (UES) Heather Librizzi (UES) Hailey Hewitt	use both in and out of the water.		arrange the future.					*See TYR Group Equipment Package
(BPC/UES)								