



COLUMBIA SWIM CLUB GROUP DESCRIPTIONS

Barracuda Group

The Barracuda is for swimmers age 10 and under. The emphasis of the Barracuda group is on excellent stroke technique, teaching children to love the sport of swimming and having FUN. Barracuda Group practices incorporate a significant amount stroke work and coaches frequently get in the water with the swimmers to teach. The group has a small coach to swimmer ratio. Swimmers will learn or advance their knowledge in all aspects of competitive swimming including diving, turns and racing techniques. Advanced Barracudas will train at a level appropriate for successful age group swimming. Swimmer level will range from very novice swimmers to intermediate swimmers attending Division 1 and 2 level Championship meets. Minimum age 5, swimming test required prior to joining group. **Coaches: Sarah Smith, Amy Chenault, Assistant Coach (TBD)**

Dolphin Group

The Dolphin group is for swimmers ages 11-13. The emphasis of this group is on excellent stroke technique, teaching children to love the sport of swimming, having fun and building the endurance needed for competitive age-group swimming. Dolphin practices will be a combination of in-water and on deck stroke work and endurance training including some dry land training such as running and core work. Swimmers will learn or advance their knowledge in all aspects of competitive swimming including diving, turns and racing techniques and will be encouraged to attend meets. Swimmer level will range from novice swimmers to swimmers attending the Division 1 and 2 Championship meets. **Coaches: Amy Chenault, Sarah Smith**

Elite Age Group Program

This program is for advanced age group swimmers ages 10-12 who have achieved multiple Division 1 or Central Zone qualifying time in the past season and are able to train at a high level. This group will focus advanced stroke technique and competitive skills, while training at an appropriate level for elite age group swimmers. Swimmers in this group will be expected to attend all practices, all meets as directed by the group coach and all championship meets that he/she qualifies for. **Coach: Peter Willett**

Senior Group

The Senior group is for all swimmers at CSC ages 13 and up. This group incorporates multiple levels of athletes including older novice swimmers, swimmers training for the High School swimming program, pre-national level swimmers and national level swimmers. Senior swimmers are divided into training groups based on skill and commitment level with the opportunity to move between training groups as swimmer level and commitment advance. **Coaches: Phil Garverick, Thomas Baumann, Assistant Coach (TBD)**

*Groups descriptions are a guideline to swimmer placement within Columbia Swim Club and all group placements are at the discretion of the Coach.