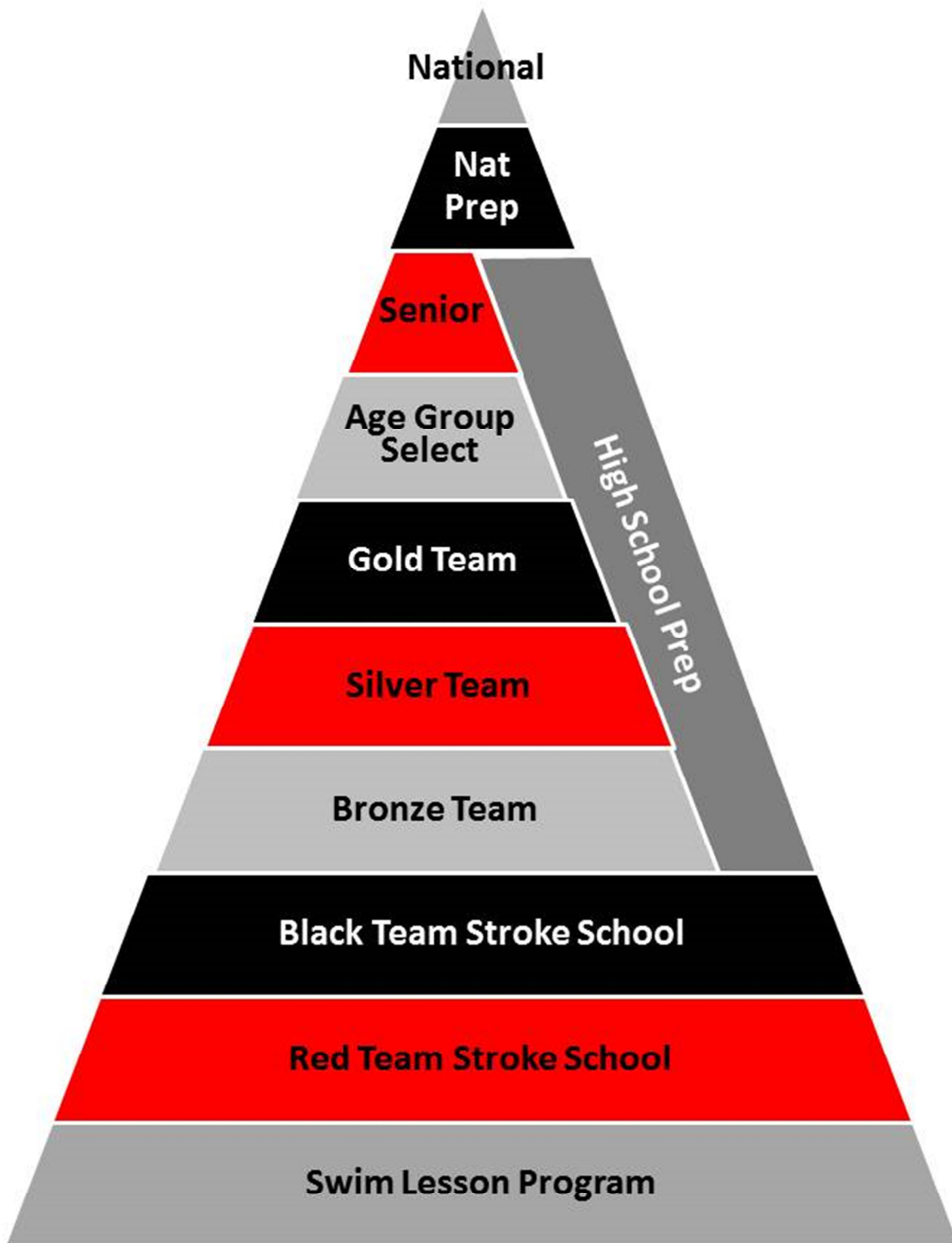




Lakeside Aquatic Club Program Structure





Developmental Program



LAC Swim Lessons

The LAC Learn-to-Swim program is a basic swim lesson program designed for any child 3 years or older. We teach enjoyment for the sport through proper technique to allow our swimmers to be water safe and start to develop proper swim strokes.

LAC Red & Black Stroke School Curriculum

LAC Stroke School is designed to teach the fundamental techniques of all four competitive swimming strokes. Emphasis is on mechanically sound stroke and kick techniques during a 25 yard swim. Swimmers will be introduced to the basics of competitive swimming through competitions at Speed and Skill meets. The Stroke school is divided into two levels, Red and Black. The Red training group is the first Stroke School level. The swimmer knows Freestyle and Backstroke and can do 25 yards of Breaststroke and Butterfly kick. The Black training group is the second level. The swimmer can swim extended Freestyle and Backstroke well and is learning Breaststroke and Butterfly. In this level swimmers will acquire four legal strokes as well as starts and turns.



Age Group Program



LAC Age Group Program Curriculum

When swimmers join LAC's Age Group Program they must be USA Swimming member before participating in their first official practice. The Age Group Program is made up of four levels; Bronze, Silver, Gold, and AGS (Age Group Select). As the swimmers move-up from level to level more ability and commitment will be required from the athlete.

Emphasis at the Age Group level is learning and building endurance in stroke drills, proper stroke mechanics, and kicking. At the meets, swimmers participate at local and regional USA Swimming Sanctioned swim meets, putting the skills they've learned at practice into work at competitions.

Bronze

Bronze swimmers can swim all four competitive strokes as well as do racing starts off the block. The group focus is an introduction to competitive swimming and understanding speed through proper technique. Technique is taught through drills and kicking and rarely at full speed. Dryland training skills are introduced for focus on coordination and flexibility. Introduction to USA Swimming meets will be through local area meets with swimmers of the same age and ability level. The Bronze Group will be



divided into two peer groups at each site (Bronze 1 and Bronze 2) based on the swimmers age, number of swimmer's, and available pool space in order to provide a more effective and efficient training program.

Silver

Silver swimmers are introduced to training longer distances, while training to emphasize refining technique and then transferring technique into conditioning and training sets. Swimmer development will be measured through stroke technique, drill proficiency and kicking. Coordination and flexibility is the focus outside of the water, including an introduction to core and shoulder stabilization. Swimmers will continue to develop the competitive meet skills at local meets with the focus of acquiring race times for higher-level meets. The Silver Group will be divided into two peer groups at each site (Silver 1 and Silver 2) based on the swimmers age, number of swimmers, and available pool space in order to provide a more effective and efficient training program.

Gold

Gold swimmers can train longer distances and maintain stroke technique at the same time. Gold swimmers have been to USA swimming meets to set times in all four strokes at a distance of 100 yards or meters, as well as the 200 free and 200 IM. Dryland in this group becomes longer and more intense. New equipment is introduced to further promote stroke technique. Swimmers will compete in local area meets as well possibility participating in state level competitions. The Gold Group will be divided into two peer groups at each site (Gold 1 and Gold 2) based on the swimmers age, number of swimmers, and available pool space in order to provide a more effective and efficient training program.

Age Group Select (AGS)

This is the Age Group Program's top tier training group. The primary focus is refining stroke technique, race strategies, and building a strong training base for National level swimming. Swimmers in this group are comprised of the top 25-30 Age Group swimmers at each site, who are committed to achieving state and national level time standards.

High School Prep

The High School Prep group is for swimmers aged 11 and over who have completed the Developmental part of our Program or are in the Age Group part of our Program and need to shift to a training program that is better suited to maturing bodies and preparation for training with their High School team. This program provides an opportunity to train the competitive strokes as well as prepare for racing at the high-school level.



Senior Program



LAC Senior Program Curriculum

LAC's Senior Program is for swimmers age 13 and older. The program is divided into four levels: Senior, National Prep, National, and National Elite. Athletes in these groups are divided based on maturity, training ability, attendance, and meet performance.

High School Prep

The High School Prep group is for swimmers aged 11 and over who have completed the Developmental part of our Program or are in the Age Group part of our Program and need to shift to a training program that is better suited to maturing bodies and preparation for training with their High School team. This program provides an opportunity to train the competitive strokes as well as prepare for racing at the high-school level.

Senior

The Senior training group is for swimmers 13 years and older who are working towards swimming in high school. The group will prepare swimmers for high school swimming, as well as supplement training for high school swimming. Technique and speed are taught through drills, kicking, and endurance training sets. Swimmers will attend local area swim meets with swimmers of the same age and ability level.

National Prep

The National Prep training group is comprised of the top 20-25 swimmers ages 13-15 years old at each site who have demonstrated consistent progression in competitive achievement and training ability, as well as increased dedication and commitment.

National



The National Elite training group is comprised of the top 20 Senior swimmers in LAC based on stroke technique, training habits, and meet times. The swimmers possess the ability to compete at the National and/or Collegiate Level. A swimmer must receive an invitation from the LAC Head Coach to train with the National Elite group. These athletes are the team's leaders. They demonstrate unwavering commitment and dedication to the Team and their training, consistently train at the highest levels, and have a proven record of competitive achievement at the National and/or Collegiate Level.

