

TRITON GROUP DESCRIPTIONS 2019

DEVELOPMENT (3 x / wk)

- beginner swimmers to the sport
- 8 years and under suggested age (contact registrar for more information)
- minimum be able to swim one length unassisted (both freestyle and backstroke) plus 1 length of kick with a board
- focus is on learning all 4 kicks, free, back, and breaststroke,
- also developing endurance to a point where swimmer is able to try out for green

GREEN (4 - 5 x / wk)

- most swimmers have some former lessons
- entry level into the club
- 5 - 10 yrs
- minimum able to swim 50 free, 50 back, 25 breaststroke
- focus on learning all 4 competitive strokes (legal)
- swimmers learn drills to assist in developing their stroke efficiency
- participate in development meets and triton host meet
- swimmers also develop their endurance in all 4 strokes and kicking

WHITE (5 x / wk) + Survival Week

- 7-10 yrs
- able to swim 100 free under 3:00, 100 i.m. legal turns
- swimmers continue to learn more drills to enhance stroke efficiency
- focus continues to be skill development
- the concept of endurance training begins through swimming, kicking, and pulling at varying distances
- swimmers learn rest intervals and initial stages of pace clock
- swimmers are graduating from development meets and participating at regular swim meets

BLACK (5 x / wk) + Survival Week

- 8 - 11 yrs
- able to swim 100 free under 2:00, 100 i.m. under 2:30, 100 free kick
- continue to develop stroke efficiency with the goal of performing all of the drills identified in the "triton drill progression program" with proficiency
- focus remains on skill development
- endurance evolves to include all 4 strokes and distances up to 100 m interval sets
- swimmers compete at regular swim meets and are learning time standards

INTERMEDIATE (5 - 7 x / wk + Survival Week)

- 10 - 12 yrs
- able to swim 100 free under 1:30, 100 i.m. under 2:00, 100 free kick under 2:30
- swimmers begin to train mornings
- may have 2 practises in one day
- focus remains on skill development
- swimmers are able to perform basic drills under the “triton drill progression program” for each stroke with proficiency
- longer distance sets are introduced while maintaining stroke efficiency

SENIOR 2 (5 - 6 x / wk + Survival Week)

- 12- 16 yrs
- this group is for newer swimmers that have started this sport a little later or for swimmers that may be continuing their competitive development on a slower path
- stroke ability is similar to black level
- swimmers in this group participate in dryland activities with Senior 1 as much as possible to encourage peer development and friendship

SENIOR 1 (6 - 8 x / wk + Survival Week)

- 13 - 18 yrs
- swimmers are able to perform the basic and intermediate drills identified in the “triton drill progression program” with proficiency
- swimmers are competing at local and invitational meets with the goal of qualifying for provincial championships in individual or relay events
- swimmers learn leadership, time management, and coping skills with the heavy training workload
- swimmers take active roles in team functions interacting with all of the younger swimmers in the club