



**THE HEART OF TEXAS AQUATICS TEAM**  
**2008-09 Fall, Winter, Spring Practice Groups**  
**Descriptions and Requirements**

**Novice** will consist of swimmers new to the sport who just barely make the minimum requirements for participation (25 non-stop free and 25 non-stop back), but are estimated to not yet be ready for full on practices. The primary focus of the Novice group will be basic stroke learning with the goal being to move into the main Group 1 setting. Emphasis will be short repeats (25's and 50's mainly) with A LOT of feedback. Yardage is NOT the focus at all.

Monthly Dues: \$55.00

**Group One** will consist of beginner to weak intermediate swimmers, new to the sport, who, for the most part, haven't yet competed in meets. This will be considered a learning/technique group with the main emphasis on technical development of all strokes, starts and turns. Recommended minimum weekly attendance is 2 sessions. The primary focus of Group's 1 will be repetition. Intra-weekly practices will have similar (sometimes identical) themes so that missing practices within a week should not result in missed technical emphasis (e.g. If a group is working on starts on Monday, then they will work on starts Tuesday, Wednesday, Thursday and Friday, etc...).

Monthly Dues: \$65.00

**Group Two** will consist of similar swimmers to group one, but leaning more toward intermediate level. Swimmers in this group will have some competition under their belts. This will also be considered a learning/technique group but will have some added emphasis on aerobic base swimming as well. Recommended minimum weekly attendance is 3 sessions. Group 2 will, like Group 1, have a lot of repetition in training in order to make sure that the necessary technical emphasis is covered.

Monthly Dues: \$75.00

- To enter and remain in Group 2:  
Swimmer must have competed in a USA sanctioned swim meet for The Heart of Texas Aquatics Team (HEAT) prior to advancement to this group (the exception being a swimmer who tries out for the team and is deemed ready to start in this group - then attendance at an upcoming meet will be required). Swimmer must be able to swim all four competitive strokes legally and must be able to demonstrate legal starts, turns and finishes for all strokes. Swimmer must complete a legal 100 IM (11 years old and younger) or 200 IM (12 years old and older) in a sanctioned USA Swimming competition. A general greater degree of fitness must be demonstrated in this group (than in Group 1 - possible test sets may be added in the future if needed).

**Group Three** is the first of two "training" groups. The swimmer must have coach approval to be in this group. Swimmers will have to achieve and maintain training set standards to be admitted and remain in this group. This group is for the more internally motivated swimmer and a positive attitude, maturity, attention to detail and goal setting and a strong work ethic and training maturity will be required. Swimmers in this group should have a solid BB and up record in their current age-group and good practice (should strive to attend at least 5 sessions per week) and meet attendance will to a degree, be required.

Monthly Dues: \$85.00

- To enter and remain in Group 3/AM (non-USMS):  
Minimum age (with very few exceptions) will be 10.

20 x 100 @ 1:50 I. + 10 x 100 @ 1:45 I. + 5 x 100 @ 1:40 I.  
10 x 100 Choice Kick @ 2:15 I.  
10 x 100 Back @ 1:55 I. or 10 x 100 Breast or Fly @ 2:00 I.  
6 x 200 IM @ 3:45 I.

**Senior group** is the highest and most intense training group on the team. The swimmer must have coach approval to be in this group. Positive attitude, maturity, goal setting, strong work ethic, a high priority placed on sport of swimming and the swimmer's training (both at and away from the pool) and a motivation to being the absolute best one can be is absolutely required in this group. A strong desire to take their training and competition to the highest level possible is also required. Swimmers in this group should have (hopefully) achieved some "A" times in their current age-group. Very good practice attendance is required (absence requires notification of coach). Meet attendance will be required (to the best of the swimmer's ability with preference to specific goal meets).

Monthly Dues: \$105.00

- To enter and remain in Senior group:  
Minimum age (with very few exceptions) will be 12.

20 x 100 @ 1:30 I. + 10 x 100 @ 1:25 I. + 5 x 100 @ 1:20 I.

10 x 100 Choice Kick @ 2:00 I.

10 x 100 Back @ 1:40 I. or 10 x 100 Breast or Fly @ 1:45 I.

6 x 200 IM @ 3:20 I.

**AM Practice Group (not including USMS)** Swimmers in this group have to be in the Senior practice group or be in high school and able to achieve and maintain the workout set standards established for Group Three swimmers.

Monthly Dues: \$60.00

**USMS (Masters)** This is our adult competitive swimming team. This program is open to all adults (18 +): fitness, triathletes, competitive, or non-competitive. Members participate in a variety of swimming workouts designed to fit your individual ability level and to meet your personal goals. Our workouts are organized and structured with on-deck coaching, and offer well-thought-out training assistance. The program is designed to help swimmers improve fitness and train for specific goals, as well as support a healthy lifestyle through friendship and camaraderie.

Monthly Dues: \$45.00 + YMCA Membership