



FEATHER RIVER AQUATIC CLUB

2017-2018

Swim Group Descriptions & Move Up Policy



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FRAC SWIM GROUP DESCRIPTIONS

Varsity Group, Junior Varsity Group, Gold Group, Red Group, Silver Group, and Blue Group comprise the group programs for FRAC. Technique and competition will be developed in these groups. While swimming fast is the goal, creating a competitive but fun team atmosphere is equally important.

VARSAITY GROUP

<p>Head Coach: Shelby Guillory</p> <p>Practice Times: Monday-Friday, 6:00-8:00 PM *subject to change</p>
<p>Minimum Requirements:</p> <ul style="list-style-type: none">• 13 years old• Far Western qualifications in multiple events• Positive attitude• Good work ethic• The final decision for selection into the Varsity Group is at the discretion of the Head Coach• Must be able to complete the following sets: 10 x 100 Free @ 1:20 8 x 200 IM @ 3:00
<p>Goals:</p> <ul style="list-style-type: none">• The goal of the Varsity Group is for swimmers to receive a solid technical foundation and successful competitive experience• Swimmers will target Sectional qualifications in multiple events• Swimmers are expected to attend all meets not limited to: Far Western and Junior Olympic meets• Strong team dynamic will be emphasized
<p>Practice Attendance: 95% with all absences approved by the Head Coach in advance Meet Attendance: 100% unless approved by the Head Coach in advance Gear: Training equipment, competition suits and team apparel as specified by the Head Coach</p>

JUNIOR VARSITY GROUP

Head Coach: Shelby Guillory

Practice Times:

Monday-Friday, 6:00-8:00 PM *subject to change

Minimum Requirements:

- 13-16 years old
- Junior Olympic qualifications in multiple events
- The final decision for the selection to the Junior Varsity Group is at the discretion of the Head Coach
- Positive attitude
- Good work ethic
- Must be able to complete the following sets:
 - 10 x 100 Free @ 1:40
 - 6 x 200 IM @ 3:40

Goals:

- The goal of the Junior Varsity Group is for swimmers to receive technical training and competitive experience that will prepare them for the Varsity Group
- Swimmers will target Far Western qualifications in multiple events
- Swimmers are expected to attend all meets not limited to: Far Western and Junior Olympic meets
- Strong team dynamic will be emphasized

Practice Attendance: Minimum 80% (4 out of 5 practices per week)

Meet Attendance: 100% unless approved by the Head Coach in advance

Gear: Training equipment, competition suits and team apparel as specified by the Head Coach

GOLD GROUP

Head Coach: Shelby Guillory

Practice Times:

Monday-Friday, 6:00-8:00 PM *subject to change

Minimum Requirements:

- 11-13 years old
- Sierra Nevada Swimming A time standards in multiple events
- Junior Olympic qualifications in multiple events
- The final decision for the selection into Gold Group is at the discretion of the Head Coach
- Positive attitude
- Good work ethic
- Must be able to complete the following sets:
 - 8 x 100 Free @ 2:00
 - 5 x 200 IM @ 4:30

Goals:

- The goal of the Gold Group is for swimmers to receive technical training and competitive experience that will prepare them for Junior Varsity Group
- Swimmers will target Junior Olympic qualifications in multiple events
- Swimmers will target Far Western qualifications in multiple events
- Swimmers are expected to attend meets not limited to: Junior Olympics and Far Western meets.

Practice Attendance: Minimum 80% (4 out of 5 practices per week)

Meet Attendance: Minimum 80%

Gear: Training equipment, competition suits and team apparel as specified by the Head Coach

RED GROUP

Head Coach: Shelby Guillory

Practice Times:

Monday-Friday, 6:00-8:00 PM *subject to change

Minimum Requirements:

- 8-12 years old
- Ability to swim all 4 strokes legally as evaluated by the Head Coach
- Positive attitude
- Good work ethic
- The final decision for group placement is at the discretion of the Head Coach
- Must be able to complete the following sets:
 - 6 x 100 Free @ 2:15
 - 5 x 100 IM @ 2:30

Goals:

- The goal of the Red Group is for swimmers to receive technical training and competitive experience that will prepare them for Gold Group
- Swimmers will target Sierra Nevada Swimming A time standards in multiple events
- Swimmers will target Junior Olympic qualifications in multiple events
- Swimmers are encouraged to attend all selected meets

Practice Attendance: Swimmers are strongly encouraged to attend all practices

Meet Attendance: Minimum 80%

Gear: Training equipment, competition suits and team apparel as specified by the Head Coach

SILVER GROUP

<p>Head Coach: Shelby Guillory Practice Times: Monday-Friday, 5:00-6:00 PM *subject to change</p>
<p>Minimum Requirements:</p> <ul style="list-style-type: none">• 7-11 years old• Ability to swim all 4 strokes legally as evaluated by the Head Coach• Positive attitude• Good work ethic• The final decision for group placement is at the discretion of the Head Coach• Must be able to complete the following sets: 5 x 100 Free @ 2:30 4 x 100 IM @ 2:45
<p>Goals:</p> <ul style="list-style-type: none">• The goal of the Silver Group is for swimmers to receive technical training and competitive experience that will prepare them for the Red Group• Swimmers will target Sierra Nevada Swimming A time standards in multiple events• Swimmers will target Junior Olympic qualifications in multiple events
<p>Practice Attendance: Swimmers are strongly encouraged to attend 3 out of 5 practices per week Meet Attendance: Minimum 80% Gear: Training equipment and team apparel and designated by the Head Coach</p>

BLUE GROUP

<p>Head Coach: Shelby Guillory Practice Times: Monday-Friday, 5:00-5:45 PM *subject to change</p>
<p>Minimum Requirements:</p> <ul style="list-style-type: none">• 6-11 years old• Ability to swim Freestyle and Backstroke proficiently as evaluated by the Head Coach• Positive attitude & good work ethic• The final decision for group placement is at the discretion of the Head Coach
<p>Goals:</p> <ul style="list-style-type: none">• The goal of the Blue Group is for swimmers to receive technical training and competitive experience that will prepare them for Silver Group• Swimmers will target Sierra Nevada Swimming A time standards in multiple events• Swimmers are encouraged to attend all selected meets
<p>Practice Attendance: Swimmers are strongly encouraged to attend 3 out of 5 practices per week Meet Attendance: Minimum 80% Gear: Training equipment and team apparel as designated by the Head Coach</p>



MOVE UP POLICY

Move ups will occur 3 times per year:

- **September:** First day of practice for Fall Schedule
- **January:** First day of practice after winter break
- **June:** First day of practice for Summer Schedule

You will be *considered* for move up if:

- You meet the minimum requirements for the next level
- You have demonstrated the ability to handle the next group's requirements

The final decision for group placement is at the discretion of the Head Coach after a tryout session. The Head Coach will evaluate the swimmer not limited to:

- Talent (potential in the next level)
- Commitment (practice and meet attendance and work ethic in the previous level)
- Attitude