

Group Descriptions

Please note that throughout the training expectations, yardage numbers will not be given as we stress technique and quality work over counting yards.

White – Developmental/Pre-Team

This is our developmental/pre-team group, where both fun and technique are the focus. Athletes ranging in age from 6 to 9 with little or no previous swim team experience will be placed here.

Attendance Expectations – There are typically two practices a week, which the swimmers are expected to attend both.

Training Expectations – The training will consist of mainly technique work, along with stroke familiarization. Swimmers should already understand freestyle and backstroke, and will be introduced to breaststroke and butterfly as well.

Competition Expectations – Swimmers will compete in two to three meets during the season, including an intersquad meet in October and a dual meet in February. A select number of swimmers will be asked to participate in our final hosted meet of the year, also held in February.

Equipment Required – Kickboard, fins

Red - Beginning Age Group

This group will be introduced to what it means to be on a swim team. Swimmers will already know the basics of stroke mechanics, starts and flip turns at this point. Swimmers are looking to advance their knowledge to all four strokes. This group will be mainly advanced 8 & unders, with some 9 year olds.

Attendance Expectations – There are four one hour practices during the week. For best results, we would like the swimmers to attend at least three a week as often as possible.

Training Expectations - Technique will be heavily stressed during this phase of the athlete's development, along with making swimming and training fun. Kicking will be emphasized as that is the base from which strong strokes develop. It is hoped that the athlete will be legal in all four strokes, and that they will be able to complete a legal 100 IM by the end of the season.

Competition Expectations – Athletes in Red are expected to attend as many meets as possible. There is typically one every two to three weeks. Athletes are not expected to attend travel meets at this point in their development, but should the parent and athlete desire to, they should talk with the Lead Coach.

Equipment Required - Kickboard, pull buoy, fins

Blue - Preparatory Age Group

The Blue group is designed for competitive advancement through training, stroke and skill refinement and team commitment for athletes 8-11. All swimmers must meet certain physical developmental and skill levels.

Attendance Expectations – The swimmers will typically have five practices a week ranging from 1-1.25 hours. The minimum amount of practices attended should be no less than three, with four being preferred.

Training Expectations – While technique and fun are still a focus at this level of skill development, swimmers will be expected to increase the intensity of practice, and increase the efficiency of their stroke. Race strategy will be a component of training as swimmers will learn to handle some of the longer events for their age group. Goal setting will also begin to be a focus of this group as well.

Competition Expectations – Swimmers in this group will be expected to attend as many meets as possible, including travel meets should they qualify. The more meets the swimmers are able to attend, the better prepared they will be later in their development as the fear and anxiety of competing lessen.

Equipment Required - Kickboard, pull buoy, fins, mesh bag

Bronze – Athlete Development Group

The Bronze group is designed mainly for those swimmers between the ages of 10-14.

Attendance Expectations – Swimmers in this group will have four practices a week, with a hope that they can attend at least three.

Training Expectations – Technique and a building of aerobic base will be stressed at this level. Swimmers in this group may have some swimming experience, but may not yet have the skill set to train at a higher level. This can be due to any number of things such as a need for better technique, or a need for more aerobic training. This group will help fill the swimmer's tool box in the hopes that they can go on and be ready for the next level of our club.

Competition Expectations – Competition at this level is not necessarily stressed. We would like them to swim in both of our hosted meets, the Hinsdale invite, and the TOPS/Lyons Dual.

Equipment Required – Kickboard, pull buoy, fins, mesh bag

Silver – Primary Age Group

The Silver group is designed for those swimmers between the ages of 10-13.

Attendance Expectations – Attendance should be as close to 100% as possible. This group will have five practices a week, and a minimum attendance of 4 per week is expected.

Training Expectations – Technique work will be done at this level. By this point in the swimmer's career, they should have very solid stroke technique, and will need minor adjustments at this point. The level of aerobic and anaerobic training will increase as this level should have their sights set on making Regionals at the lowest, with many qualifying for the Age Group State meet.

Competition Expectations – Swimmers are expected to compete in as many meets as possible, and attend the highest level of competition that they qualify for.

Equipment Required – Kickboard, pull buoy, fins, mesh bag

Gold – Advanced Age Group

The Gold group is designed for those swimmers between the ages of 11-14.

Attendance Expectations - Swimmers will have six practices a week ranging from 1.5-2 hours. The swimmers are expected to attend a minimum of five practices a week, with a goal of 100%.

Training Expectations - This group is for those swimmers who swim as their main sport and who are mature enough to handle a large portion of the National team's training. Technique is stressed, as is continuing to build upon the skills and training that the athlete learned at the Silver level.

Competition Expectations – These swimmers will attend all meets on the schedule, and have a goal of achieving numerous Age Group state cuts, as well as a desire to achieve higher standards.

Equipment Required – Kickboard, pull buoy, fins, mesh bag

Senior I – Bridge Group

This group is for those swimmers who are still in need of more technique and stroke focus on all four strokes, while also becoming conditioned to the high school environment. This group can practice at either the Senior I time, or the Bronze group time.

Attendance Expectations – Swimmers in this level are encouraged to attend as many practices as possible.

Training Expectations – This group will help transition the athlete to more rigorous training, along with a healthy focus on technique.

Competition Expectations – Swimmers should attend as many meets as possible

Equipment Required - kickboard, pull buoy, fins, mesh bag

Senior II – Conditioning Group

Attendance Expectations – Swimmers in this level are encouraged to attend as many practices as possible. They should attend at least three per week at a minimum

Training Expectations - This group is designed for the athlete who participates in many sports or activities, and those who want to maintain conditioning and technique work for their high school swimming season. This group is also intended for the 13 & over swimmer who does not qualify for the National Team but is intent on improving their practice skills in an effort to move into the national team.

Competition Expectations – Swimmers should attend as many meets as possible

Equipment Required – kickboard, pull buoy, fins, mesh bag

National Team

Attendance Expectations – Swimmers in this group are expected to attend every single practice offered. Should a swimmer need to miss, the Head Coach should be notified. Excessive absences will result in removal from the group.

Training Expectations – Placement in this group is determined by the Head Coach. The National team is for the committed athlete, and continues to focus on all aspects of swimming, including technique, psychology, nutrition, and race strategy, in addition to its heavy training load and dry land exercises. Swimmers in this group train in preparation for the Illinois Swimming Championships, USA Sectionals, and Jr. and Senior Nationals. Swimmers should know all of their times and pace times for this group as training is dependent upon that knowledge

Competition Expectations – Swimmers are expected to attend all competitions deemed critical by the Head Coach, along with the highest level of competition that the swimmer qualifies for.

Equipment Required – Kickboard, pull buoy, fins, mesh bag

Dive - We are a spring board diving club that has levels for all divers and abilities. Anyone with a passion to learn about diving and pursue diving as a sport can find a place in our program. We meet two days a week for eight weeks. We have two different practice groups.

Group One- Beginner Divers:

This class is designed to teach the safe and proper way to use the spring board. In this session students will be taught a forward approach and back press. They will then progress to forward and back dives as well as other skills as time and ability permit. Any child who has an interest in diving and can swim comfortably in deep water can join this class.

Group Two-Advanced Divers:

This class is designed to introduce more dives and skills to divers who have already mastered the basic dives. These divers should be able to successfully complete a front dive, back dive, and a front flip. Divers will explore dives in each of the 5 diving categories: forward, backward, reverse, twisting, and inward.

At the end of each eight week session the divers will compete in either a dual meet with Wheaton dive club or a mock meet.

All classes take place at Lyons Township High School South Campus location.

Lyons Masters - We aim to provide fun, fitness, and optional friendly competition through USA Masters Swimming. We welcome anyone who wants to improve his or her swimming, regardless of your previous swimming experience. Swimmers are assigned to lanes with others of similar ability, and workouts are adjusted according to the experience and ability of swimmers in each lane. Our swimmers come in all age groups, and include:

Former high school, college, or masters competitive swimmers

Experienced triathletes and open-water swimmers

Entry-level triathletes

Adult fitness swimmers with no previous swim team experience

If you are just beginning to swim or have been out of the water for a long time, please check with the coach for recommendations on the appropriate way to get started. Please consult with your personal physician before starting any new fitness program. Practices are three times a week for an hour each.