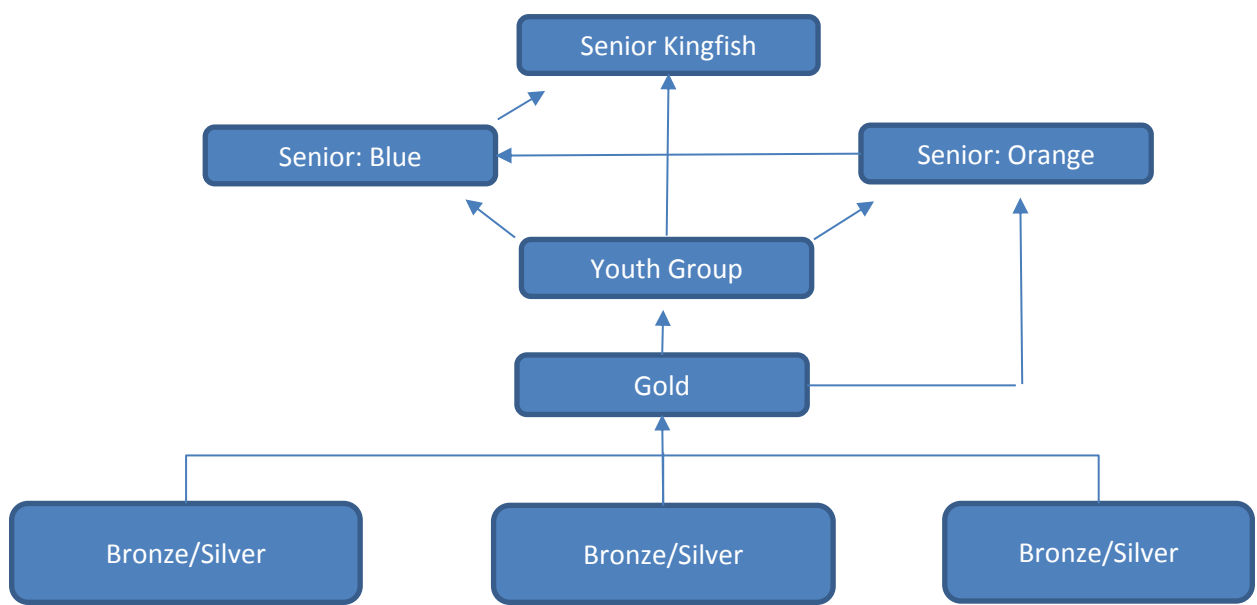


GO Kingfish

2015/2016 Group Descriptions

Bronze Group	This teaching group is the first of a progressive system that is designed for 8-10 year olds. These are to be first year Go members, either new or "moveups" from our Junior Kingfish Program. This group offers 5 workouts per week of which 3 are suggested. Interval training is introduced and stroke instruction is emphasized. Some basic body weight dryland movements are introduced for coordination. We are an IM and kicked based program.
Silver Group	This teaching group is designed for 8-11 year old swimmers. The group offers 5 workouts per week of which 4 to 5 are suggested. Interval Training and stroke correction is expanded on and progressing to learning to train. Basic body weight dryland movements and shoulder exercises are introduced. We are an IM and kick based program.
Gold Group I	This teaching/training group is geared for 10-12 year old swimmers. The group offers 6 workouts per week. Swimmers are expected to attend 5-6. Interval training and stroke correction are expanded on and progressing to competitive training. Drylands are a very important aspect of the group to build overall fitness. Athletes adhere to club code of conduct, facility rules, work together to strive for group goals, and provide all equipment needed. We are an IM and kick based program.
Youth Group	This training group is geared for 11-14 year old swimmers who are regional qualifiers and beyond, striving to become East Coast, Provincial, and Eastern National Qualifiers. The group offers 8 workouts per week of which 6-7 are expected depending on the athlete. Along with training to compete, dryland training is a huge component for strength and coordination development. All athletes must adhere to club code of conduct, facility rules, provide all equipment needed, work together in a team environment to make each other better and strive for individual and GO team goals. We are an IM, kick, and pull based group. We start to educate swimmers on why we do the things we do....ownership.
Senior Orange	This teaching/training group is geared for 13-17 year old swimmers who are striving for Regional standards and beyond. The group offers 6 workouts per week of which 5 are expected. More aerobic based and anaerobic based training occurs to achieve regional standards and beyond. An emphasis of drylands is a fixed staple at practice. Athletes adhere to the club code of conduct, facility rules, work together to strive for group goals, and provide all equipment needed. We are an IM, kick, pull based group.

Senior Blue	<p>This training group is designed for athletes 15-17 who are experienced and proficient, qualifiers for regional championships while striving for Provincial and Eastern National Standards. This group practices 6-8 times per week plus weights, depending on the athlete. All athletes must adhere to club code of conduct, facility rules, provide all equipment needed, work together in a team environment to make each other better and strive for individual and GO team goals. Athletes will be true team leaders both in the pool and in the classroom. We stress individual goal setting, attaining them via a kick, drill, pull, and IM based group. We educate swimmers to learn to take ownership of ones swimming!</p>
Senior Kingfish	<p>This training group is designed for athletes 14 + who are experienced and proficient, have qualified for LC Provincial, Eastern Canadian National , and Senior National Standards. This group practices 8-9 times per week plus weights, depending on the athlete. All athletes must adhere to club code of conduct, facility rules, provide all equipment needed, work together in a team environment to make each other better and strive for GO team goals. Athletes will be true team leaders both in the pool and in the classroom! We stress individual goal setting, attaining them via the specific needs of the athlete. Taking ownership of ones swimming is the ultimate goal!</p>



Coaches have final say in all decisions with regards to group placements.