



Gold Group

The Gold group is the introduction into our senior group programming. This group will consist of our top 14 & Overs on the team. The goal of this group is to maximize their competitive potential both short term and long term. We will do this by mastering proper stroke technique for all four strokes and adding advanced techniques to improve speed. This group utilizes a progressive aerobic training plan (focused on technique) coupled with anaerobic and sprint lactate training. This group also does regular dry land training. Dry land is based around a high cardio, core strength development and flexibility program.

Gold swimmers will also become more goal-oriented. At the start of each season and intermittently throughout each season swimmers and coaches will meet to discuss, plan and set up individual goals. Short term (next meet), mid term (mid season or end of session, short course or long course championship meet) and long term (yearly) goals will be addressed and tracked.

Practice

For the Gold group workouts are offered 8-9 times a week for the Gold Group. In water workouts range from 1.5 Hours to 2 hours a session. In addition to the weekday practice we will also add additional times for dry land training. For best results we recommend swimmers attend at least 6 practices a week.

Swim Meets

Swim meets are a great way to track your swimmers progress and for swimmers to see how their work is paying off. The meet schedule is posted on the RAYS website under the "Meets" Tab and are typically twice a month. Though it is not required we recommend that swimmers compete in every meet possible. As a Gold swimmer it is vital to communicate with your coach about meets before you commit in order to stay on track with your goals and swim in appropriate level meets.

Group Expectations

To enter the Gold Program you must...

- Be at least 14 years old

- Be legal in all 4 strokes as determined through either competition and/or coach observation at practice/training
- Receive coach approval from an age group coach through evaluation and/or practice observation
- Show a commitment to training through regular and stable practice attendance.

Training Equipment - Required

- Goggles (two pairs)
- Speedo Pull Buoy
- Kick Board
- Ylon Snorkel
- Strokemaker Paddles
- Fins
- Swim Cap
- Practice Suit: No board shorts or two piece suits

Competition Apparel - Required

- Racing Suit
- RAYS Swim Cap
- RAYS T-shirt