



HOW TO JOIN THE WOODLAND SWIM TEAM

The Woodland Swim Team is a year around competitive swim program which operates out of the Woodland Swim Center (next to WHS). The Woodland Swim Team accepts new members any time throughout the year. To join the swim team a swimmer must be placed in one of our seven workout groups. To set up a placement test please contact Head Coach, Bret Williams by phone at 662-9783 or by emailing, coachbret@sbcglobal.net. Once a swimmer has been tested and placed they are entitled to a one-week free trial.

Adult swimmers may also join our Master's Program at any time during the year. To join you may contact the Head Coach or come by the pool before one of the scheduled practices and talk to the Master's Coach.

JOINING THE TEAM

When your swimmer joins the Woodland Swim Team (WOOD) he/she simultaneously joins two related organizations:

1. United States Swimming (USS) – national organization.
2. Sierra Nevada Swimming (SNS) – regional organization.

In order to participate in workouts and compete in swim meets, a swimmer must be registered with United States Swimming. Registration is to be paid upon joining the team and it expires on December 31st of that year. Swimmers must register with United States Swimming every year.

To register with the Woodland Swim Team you must complete three forms:

- 1. Insurance** United States Swimming (youth) - \$55.00
or
Pacific Masters Swimming (adult) - \$35.00
- 2. Team Registration** This form registers you with our team, and serves as a medical release form.
- 3. Dues Agreement** This form commits your obligation to pay dues when your child is in the water.

Monthly Training Fees are to be paid prior to the 10th of each month. Please write a check payable to the **Woodland Swim Team**. You may either mail your check to our PO Box or put it in the marked payment box in the "Board Room" at the pool.

Woodland Swim Team
PO BOX 763
Woodland, CA. 95776

If you have any questions please talk to your coach

PROGRAMS

The Woodland Swim Team has four programs: Developmental Program, Age Group Program, Senior Program, and the Masters Program.

DEVELOPMENTAL PROGRAM

The Developmental Program is divided into three levels and is for younger swimmers just getting started in competitive swimming. Swimmers will be introduced to stroke technique and competitive skills (starts and turns).

Water Frogs

Developmental One's

Developmental Two's

AGE GROUP PROGRAM

The Age Group Program is divided into three levels and is for more experienced younger swimmers and older swimmers who are just getting into competitive swimming. Swimmers in this program will continue to develop their stroke technique and competitive skills. As a swimmer progresses through this program there will be an increased emphasis on endurance training. The goal in this program is to prepare swimmers to enter the Senior Program.

Junior One's

Junior Two's

Junior Three's

SENIOR PROGRAM

Swimmers in the Senior Group have made a commitment to the sport and will be expected to train at a higher level.

Senior's

MASTERS PROGRAM (\$55 per month)

The Master's program is designed for adult swimmers of all abilities who want a structured workout given by a coach.

Training Group Descriptions

- **WATER FROGS (\$45 per month)**

Entry Requirements:

Must be at least 5 years old.

Training Requirements (minimum):

Swimmers must be able to swim the length of the pool backstroke, and freestyle with side breathing.

- **DEVELOPMENTAL ONE TRAINING GROUP (\$60 per month)**

Entry Requirements:

Must be at least 6 years old.

Beginning pace clock skills.

Positive attitude

Training Requirements (minimum):

Basic knowledge of long axis (free & back) stroke drills.

Must be able to swim breaststroke the length of the pool.

Basic understanding of butterfly.

Able to perform legal turns.

- **DEVELOPMENTAL TWO TRAINING GROUP (\$65 per month)**

Entry Requirements:

- Must be at least 7 years old.
- Basic pace clock skills.
- Demonstrate positive training skills.

Training Requirements (minimum):

- Must be able to perform long axis (free & back) stroke drills.
- Must be able to swim a legal breaststroke
- Must be able to swim butterfly the length of the pool
- Basic knowledge of short axis (fly & Breast) stroke drills.

Attendance Expectations:

- No Attendance Requirement

- **JUNIOR ONE TRAINING GROUP (\$72 per month)**

Entry Requirements:

- Must be at least 9 years old.
 - NOTE: They may be 8 years old if make all of the other requirements and they have B times in at least 10 of the 9-10 events.
- Must know all of the team stroke drills.
- Must know how to use the pace clock for intervals.
- Demonstrate consistent and regular positive training habits.

Training Requirements (minimum):

- Swimmers must demonstrate that they are able to consistently perform the following sets:
 - o 4 x 200 free on 4:15
 - o 8 x 100 free on 2:10
 - o 8 x 100 IM on 2:15
 - o Kick sets on 1:15 send off (base per 50).

Attendance Expectations:

- 4 practices per week

- **JUNIOR TWO TRAINING GROUP (\$72 per month)**

Entry Requirements:

- Must be at least 10 years old.
 - NOTE: They may be 8 years old if they make all of the other requirements and have at least BB times in at least 10 of the 9-10 events.
- Must be able to perform all of the team stroke drills.
- Must know how to use the pace clock for intervals.
- Demonstrate consistent and regular positive training habits.

Training Requirements (minimum):

- Swimmers must demonstrate that they are able to consistently perform the following sets:
 - o 1200 yard free sets on the 1:45 send off (base per 100).
 - Ex. 8-12 x 100 on 1:45, 6 x 200 on 3:30...
 - o 6 x 200 IM on the 4:00
 - o Kick sets on 1:10 send off (base per 50).

Attendance Expectations:

- 4-5 practices per week

• **JUNIOR THREE TRAINING GROUP (\$75 per month)**

Entry Requirements:

Must be at least 12 years old.

NOTE: They may be 10 or 11 years old if they meet of the other requirements and have at least 10 BB times in all of the 11-12 events.

Must be able to perform all of the team stroke drills.

Must have good pace clock skills.

Demonstrate consistent and regular positive training habits.

Training Requirements (minimum):

Swimmers must demonstrate that they are able to consistently perform the following:

- o 1500-1800+ yard freestyle sets on 1:35 send off (base per 100).
- o 1200-1600+ yard stroke or IM sets on 1:45 send off (base per 100).
- o Kick sets on 1:05 send off (base per 50).

Attendance Expectations:

5-6 practices per week

• **SENIOR TRAINING GROUP (\$85 per month)**

Entry Requirements:

Must be in the 8th grade or higher.

Proficient understanding and demonstration of all team stroke drills.

Demonstrate consistent and regular positive training habits.

Must possess advanced pace clock skills.

Training Requirements (minimum):

Swimmers must demonstrate that they are able to consistently perform the following:

- o 1800+ yard freestyle sets on 1:25 send off (base per 100).
- o 1800+ yard stroke or IM sets on 1:35 send off (base per 100).
- o Kick sets on 1:00 base per 50

Attendance Expectations:

6-8 practices per week

Pool Schedule

Workout Groups	Mon	Tues	Wed	Thurs	Fri	Sat
DEVELOPMENTAL PROGRAM						
Water Frogs	3:45-4:30	3:45-4:30	3:45-4:30	3:45-4:30		
Developmental One's	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	
Developmental Two's	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	
AGE GROUP PROGRAM						
Junior One's	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	
Junior Two's	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	
Junior Three's	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	8-10
SENIOR PROGRAM						
SENIORS (am)		5:45-7:15		5:45-7:15		8-10
SENIORS (pm)	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	
MASTER'S PROGRAM						
Master's (am)	5:40-6:40	5:40-6:40	5:40-6:40	5:40-6:40	5:40-6:40	
Master's (pm)	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	

For more information please visit our web site: www.woodlandswimteam.org