

Practice Groups - Descriptions

Senior

Seniors practice 5 afternoons, every Saturday morning, and 3-5 mornings a week during the spring, summer, and fall seasons. During the high school season swimmers attend the Saturday practices and mornings. They do 2 hours of swimming plus 45 minutes of dry land every weekday. On Saturdays they do 4 hour workouts which are a combination of swimming and dry land. Practices are broken up into Distance, Nationals, Middle Distance, and Sprint groups, along with Back, Breast, Fly and IM practices. A typical practice can run from 9,000-6,500 yards depending on the group.

Expectations (outside of high school season): 5 afternoons, every Saturday, and 3 mornings, a total of 9 workouts. During high school season: every Saturday and 3 mornings.

Senior FLASH

Participation in the Senior FLASH is by coach invitation only and the group is comprised primarily of athletes who practice with CBST instead of their high school. The group exists from late November until mid to late March. Practices are run in the afternoon at another local facility. The workouts are a combination of swimming and dry land workouts. Practices occur from 3-5:30pm along with mornings being offered Monday through Friday as well as Saturdays at CB South.

Expectations: 5 afternoons, every Saturday, and 3 mornings, a total of 9 workouts.

Next Generation II

This group has been designed to meet the needs of two different types of swimmers:

- 1) Age group swimmers (8th graders & above) who have displayed the training levels and reached the performance standards of our Senior team.
 - 2) Senior swimmers (9th grade and above) who cannot meet "Flash" group requirements
- Next Generation II swimmers will train primarily with the age group program, but will be permitted to join Senior team practices on Saturdays and during specified occasions. Next Generation II swimmers who choose to join Senior team practices must do the entire Senior team practice on those days (including dry land). This group has been added to create an easier transition for our advanced age group swimmers and to provide more options for our Senior team swimmers during the chaotic high school season.

Expectations: 4-5 afternoons, every Saturday, a total of 5-6 workouts.

Next Generation I

Next Generation practices are offered 5 evenings/afternoons a week and Saturdays, and the group is welcome to attend morning practices. (During the high school season all practices are during the evening.) Practices are 2 hours and include high intensity workouts as well as a great deal of technique instruction. Athletes are typically in the 14U and 12U age groups and their practices will range from 7,500-5,500 yards in a practice.

Expectations: 4 out of 5 evenings, every Saturday, a total of 5 workouts.

Advanced

The Advanced group practices are available 5 evenings a week and Saturdays. This group participates in 2 hour practices which include “difficult” workouts (these workouts go beyond the challenging practices of the Junior group) as well as a great deal of technique instruction. Swimmers are pushed to attain high goals while continuing to focus on the fundamentals of their strokes. Athletes are typically in the 14U and 12U age groups and their practices will range from 6,500-5,500 yards in a practice.

Expectations: 3-4 out of 5 evenings or Saturday, a total of 4 workouts.

Junior

Junior practices are also available 5 evenings a week and Saturdays. The Junior group participates in 2 hour practices which include challenging workouts (intended to push the swimmer without being considered “difficult”) and a great deal of technique instruction. Swimmers are pushed to attain high goals with a great deal of focus on the fundamentals of their strokes. Athletes are typically in the 12U and 10U age groups and their practices will range from 5,500-4,500 yards in a practice.

Expectations: 3-4 out of 5 evenings or Saturday, a total of 4 workouts.

Intermediate

Intermediate group practices are provided 5 evenings a week and Saturdays. They participate in 1.5 hour practices. Workouts have an emphasis on technique with time given to endurance training. Swimmers are pushed to attain high goals with a great deal of focus on the fundamentals of their strokes. Athletes are typically in the 12U and 10U age groups and their practices will range from 4,500-3,500 yards in a practice.

Expectations: 3 out of 5 evenings or Saturday, a total of 3-4 workouts.

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