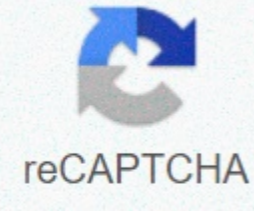




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## White eagle swim team

The competitive side of the club uses team unity to achieve entries, achieve information and meet results. Visit the page .com www.teamunify/escsg, and your family username and password. That each swimmer is in the right group is important for both the development of the swimmers and the smooth functioning of the practice group. If the swimmer doesn't challenge, he/she won't improve, but if he can't keep up, he loses motivation, his technique is bad, and the functioning of the practice group is adversely affected. For this reason, we not only look at the results of swimmeet, but also how each swimmer works over several weeks before determining whether they are ready to be promoted to a new group. It also takes into account each swimmer's coaching ability, attendance and commitment to the competition. The consideration set shown below should be considered something that swimmers can achieve on any day. It's not a one-off effort. Growth is our goal for each swimmer. Below are the criteria for each competitive team: Swim: Monday to Thursday 3:15-4:15pm (Monday or Tuesday required) ES Pool2-3x/week FUNdamental This is the first step in preparing for competitive team swimming. This team is designed to continue the development of swimmers to a basic level of pro pro expected in all four strokes. Main swimming etiquette: lane swimming, competitive turns and the use of pace clocks have been introduced. Qualifying: Swimmers should be able to display all the skills of our swimming school curriculum: dolphin kickSwim 200 m: 50 m backstroke 50 m breaststroke 100 m freestyle with correct breathing timing and good body position. Goal: Further development of four competitive strokes focused on improving skill endurance. Successful training sessions at distances up to 1.5 km. Attendance requirements: Twice a week with the option for the third session. He is expected to join and represent the team at all Eagle Home meetings. We recommend that you attend inter-club meetings in Singapore. Swimmers must attend either Monday or Tuesday sessions: HS/MS pool.2-3x/week FUNdamental/SwimSkills at 3:15-4:15pm Monday, Wednesday and Friday: Building techniques! This team is designed to continue the development of swimmers in all four strokes while increasing the number of repetitions. Swimmers are encouraged to perfect skills through intensive repetition. Learn about using heart rate monitoring, stroke counts, and understanding swimming training terminology. To qualify: Swimmers must be able to complete the next set and demonstrate their pro prosody on all four strokes of four turns and starts. Consideration set 5x 50 freestyle swims with 1:403x100 IM 1:255x50 kick with 3:15 goal: further development of 4 competitive strokes focused on improvementLearn how to read the pace clock over a short distance of 50-100 meters, to successfully complete a training session at a distance of up to 2.5 km, learn relay changeover .Attendance requirements Minimum 2x or more is recommended. He is expected to join and represent the team at all Eagle Home meetings. He is expected to attend an inter-club meeting in Singapore. Swimming: Monday -Friday 3:15-4:15pm HS/MS pool 3-5x swim skills per week: Build training techniques: Build the engine! These swimmers have already learned the basics of team training and have been introduced to basic drill movements in all four competitive strokes. We need to show our commitment to attendance and competition opportunities. The workload increases as needed. To qualify: Swimmers must be able to complete the next set and demonstrate their pronified level in each of the four strokes. Consideration set goals: Improve speed, endurance and racing skills through start (including relays) and turns, as well as training and racing, to develop training ethics and pursue excellence in all competitive strokes. Attendance requirements: Minimum of three times a week. You are expected to participate in home, inter club, international school and national level competitions. Swim Tuesday, Thursday and Friday from 3:15 p.m. to 4:15 p.m. on HS/MS PoolSwimmer, or join the stars when they're not technically ready for rationalization. The group is primarily working on technology and stroke development with the goal of reaching streamline standards. There is no time standard to match your entry to the Star. 4:15-6:00pm training training on Mondays, Wednesdays and Fridays using both pools 3-5x per week: Build the engine! Training zones using heart rate and target time are used. To qualify: Swimmers must be able to complete the next set and demonstrate their pro prosody on all four strokes of four turns and starts. The Consideration Set 4x100 Freestyle swims in 2'106 x 50 backstroke, 1'10 6 x 50 breaststroke,

1'152 x 50 fly, 1'1560 seconds between sets - strokes and turns must have the minimum US standard 'B' age group time standard for coach students. You are expected to participate in home, inter club, international school and national level competitions. Swim from 5:50 a.m. to 7:30 a.m. on Monday, Tuesday and Friday mornings. And tuesday and Thursday 4:15-6:00pm Training training 4-6 times a week using both pools: training to build/compete with engines: optimizing the engine! These swimmers are well versed in team training and are committed to continuing competitive swimming. Swimmers are required to qualifyYou can complete the following set and demonstrate the ability of four stroke rotations and starts. Consideration set 10x50 freestyle swims at 1:05: 50 or more fast 5 x 50 freestyle kicks 1:05 or more 1:05 in 1:20 or more 5 x 100 IM, minimum US standard 'BB' age group reference goal holding 2:00 or more: continue aerobic development and skill acquisition, learn to use race plan, attendance requirements 4-5 weeks. You are expected to participate in home, inter club, international and national level competitions. Monday to Friday at 5:50-7:30am and Monday, Tuesday and Thursday at 4:15-6:00pm HS/MS Pool6 + x/week training/competitive training: optimize/win engines Training to do: Maximize the engine! swimmers receive weight training monday, Tuesday and Thursday from 3:15 p.m. to 4:15 p.m. at the APex Center - programming is age/developmentally appropriate These are the best swimmers in school. This is their only sport and they are likely to have committed most of their time outside the classroom to swim for a year. Athletics training will be a big part of this swimmer's program in order to qualify: swimmers must compete in most of the meetings on the calendar, which can demonstrate pro prot skill at every stroke turn and start. Consideration set 10x100 freestyle @ 1'40 hold 1'20 or faster2x200IM@3'15 hold 3' or more 5x50 kicks @ 1'05 minimum US standard 'A' age group standard goal: continue to develop advanced stroke technology and focus on endurance/race pace training. Become an independent and self-motivated athlete. Attendance expectations: The MS Eagles must attend twice-weekly weight training and a minimum of seven sessions in the pool. All Eagles are expected to participate in local meetings, join the IASAS team (HS students only) or MS ACCIS (MS students only) and compete in the National Age Group/National Championships. Participation at a specific team level is at the discretion of the coaching staff and is based on observations made during practice throughout the season and the set of considerations described. The 5x 50 freestyle holds more than 1:00 to swim in 1:15. 5x 50 Freestyle Kick 1:30-5x 100 IM 2:45 Hold 2:30 and Above Minimum US Standard 'B' Age Group Standard Goal: Develop training ethics, pursue excellence in all competitive strokes, start (including relays), turn, improve speed, endurance and racing skills through training and racing. Attendance requirements: Minimum of three times a week. You are expected to participate in home, inter club, international school and national level competitions. He moved from elementary school to junior high school to train swimmers. Training zones using heart rate and target time are used. To qualify: Swimmers must be able to complete the following sets and demonstrate their pronifidnessAll four strokes rotate and start. 5 x 50 freestyle swims and holds at 1:10: 55 or more 5 x 50 kicks, holds 1:15 or more in 1:25 -5 x 100 IM, hold interval 2:30 2:15-4 x 200 freestyle swim, interval 4:10 minimum US standard 'B' age group standard goal: race pace or develop the knowledge and ability to run sets at a predetermined intensity and increase training IQ. Attendance requirements: Minimum of three times a week. You are expected to participate in home, inter club, international and national level competitions. This level is tailored to swimmers, where swimming has become a priority for sports selection. These swimmers are well versed in team training and are committed to continuing competitive swimming. To qualify: Swimmers must be able to demonstrate their pro pron skill in all four stroke turns and starts, as well as completing the next set. 5 x 50 Freestyle Swim with 1:05 Hold: 50 Over 5 x 50 Freestyle Kick 1:20 Hold 1:05 or more - 5 x 100 IM, 2:15, 2:0 Hold more than 00 -4 x 200 freestyle swims, at 3:40 -Minimum US standard 'BB' age group standard goal: Continue aerobic development and skill acquisition and learn to use the race plan, attendance requirements minimum 5 times per week. You are expected to participate in home, inter club, international and national level competitions. These are the best swimmers in school. This is their only sport and they are most likely committed most of their time outside the classroom to swim for a year. Athletics training will be a big part of this swimmer's program in order to qualify: swimmers must be able to complete the next set as well as demonstrate their mastery at every stroke turn and start. 5 x 50 freestyle swims at 1:00 and holds: 40 or more 5 x 50 freestyle kicks 1:10 Hold: 60 or more and 5 x 100 IM, 2:00, 1:45 or more - 4 x 200 Freestyle swims at 3:20 or more. Minimum U.S. Standard 'A' Age Group Standard Goal: Continue to develop advanced stroke technology and focus on endurance/race pace training. Attendance expectations: At least 6x per week. It is expected to attend most local meetings, make tryouts for IASAS teams and compete in the National Age Group/National Championships. Participation at a specific team level is at the discretion of the coaching staff.

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