

# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (SC 2025-26)

**Core Group Descriptions** provide information about Maverick Swim Club practice groups. While a swimmer's age is the most important criteria for practice group placement, two other criteria are key components:

- (1) an attendance commitment criterion (see below)
- (2) an ability-based criterion: Coaches make recommendations to indicate when a swimmer's ability indicates a group other than their age appropriate group.

Swimmers are considered the age that they become at any point during the short course season (from September through their respective championship meet). Swimmers compete with the age group that matches their age on the first day of any given meet. Thus, some swimmers will compete in two different age groups during the season but will always practice with the group in which they are registered.

- When the number of registered swimmers approaches maximum group capacity, placement preference is given to swimmers who are the ideal age for the training group as of their respective championship meet.

## ATTENDANCE (PRACTICE & SWIM MEET)

Attendance at practice and meets are critical components of swimmer improvement and success and are considered during coach recommendations for the following season. For each practice group, there are attendance minimums and recommendations that are included in the group descriptions below.

**Attendance minimums** for practices and swim meets exist to ensure that Maverick Swim Club has a membership that is able to minimally commit to swimming. Each year, we carry a waitlist of swimmers who would love to swim with us, so attendance minimums need to be met for a swimmer to receive a coach recommendation for the following season.

**Attendance recommendations** for practices and swim meets are to help families understand realistic expectations for their child's improvement and enjoyment of the sport. Swimming is a sport where consistency is a major component for improvement and swimmers who are steadily improving tend to enjoy the sport more. Younger athletes can be given opportunities to explore multiple interests. As children grow older, they are encouraged to set goals and discuss with their coach what level of commitment is needed to reach those goals. Swimmers are ultimately responsible for their goals which are then supported by their family and our coaching staff.

## RECOMMENDATIONS:

Recommendations by Maverick Lead Coaches are posted on the [Registration: SC Season](#) page of the website (login required) and designate the group in which you should register your Maverick swimmer(s).

- Questions about recommendations should be directed to the lead group coach from the prior SC season.
- Before registering for a group other than the one recommended, you must speak to the prior season Lead Coach who made the recommendation. Approval from that lead coach and the desired group lead coach is required in order to register for a group other than the recommended group.
- *New swimmers* must register for the group that is communicated following the new swimmer evaluation.

### MAVERICK SWIM CLUB

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# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (SC 2025-26)

## PRE-CORE

The Pre-Core practice group is intended for:

- Swimmers age 8 and under who have prior competitive team experience OR have displayed interest in learning the sport of competitive swimming through mastery of fundamental swim lessons.
- Swimmers age 9 years old who have prior competitive team experience, but do not yet meet the ability qualifications for Core 1.

**Minimum Ability Requirements:** To qualify for Pre-Core, a swimmer must be able to legally swim 25 yards freestyle, legally swim 25 yards backstroke, and demonstrate:

- Correct freestyle breathing.
- The ability to dive off of the side of the pool or a starting block.
- Basic swimming etiquette.
- A legal component of breaststroke AND butterfly (arm or leg component is legal for both strokes).

**Focus of the Pre-Core group:**

- Creating a proper technique foundation for all four strokes (body positioning, catch, recovery and kicking)
- Introduction to underwater kicking
- Learning proper racing starts for both freestyle and backstroke, as well as introduction to relay starts
- Establishing a breathing pattern for freestyle
- Introduction to freestyle flip turns, backstroke flip turns, and two-handed turns for fly/breast
- Working toward legal completion of USA Swimming’s IMR events: 100 IM, 100 Free, 50 Fly, 50 Back, & 50 Breast
- As appropriate, introduction to principles of practice – both drill principles and training principles
- Practice, lane and teammate etiquette (proper spacing, being coachable, respectful lane behavior)

**Practice schedule:** 45 minutes in length, 4 days per week.

**Required equipment:** Proper training suit, team competition suit, goggles, and swim cap (as dictated by hair length).

| Attendance PreCore |          |                                                                     |
|--------------------|----------|---------------------------------------------------------------------|
|                    | Practice | Meet                                                                |
| Minimum            | 50%      | All Maverick hosted meets; must compete twice throughout the season |
| Recommended        | 50%      | One meet session per month                                          |



# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (SC 2025-26)

## CORE 1

The Core 1 practice group is intended for:

- Swimmers 9 and 10 years old (including swimmers who turn 9 at any point during the short course season) that have moved beyond the initial stroke development stage and seek exposure to the next level of competitive swimming.
- 8-year-old swimmers who receive the approval of the Pre-Core and Core 1 lead practice group coaches to practice with this group.
- 11-year-old swimmers who receive Lead Coach approval to remain in this group because of other priorities or commitments or who do not yet meet the ability qualifications for Core 2.

**Minimum Ability Requirements:** To qualify for Core 1, a swimmer must be able to legally swim a 100 yard IM and 50 yards of each stroke. Swimmers should be able to swim and kick continuously for 5 minutes.

**Focus of the Core 1 group:**

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Pre-Core)
- Solidifying a freestyle breathing pattern
- Reinforcement and refinement of open (two hand) turns, backstroke flip turns, freestyle flip turns and IM turns.
- Reinforcement and refinement of safe racing starts, as well as an introduction to relay starts
- Understanding the principles of practice – both drill purposes and training principles
- Practice of underwater kicking, as well as utilization of it off of starts and turns
- Practice, lane and teammate etiquette (proper spacing, being coachable, respectful lane behavior)
- Working towards completing the USA Swimming IMX Challenge: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**Practice schedule:** 1 hour in length, 5 days per week

**Required equipment:** Proper training suit, team competition suit, goggles, and swim cap (as dictated by hair length); mesh bag containing a kickboard, fins (short), and snorkel.

| Attendance Core 1 |          |                                                                          |
|-------------------|----------|--------------------------------------------------------------------------|
|                   | Practice | Meet                                                                     |
| Minimum           | 55%      | All Maverick hosted meets; must compete twice throughout the season      |
| Recommended       | 60%      | Two meet sessions per month<br>Two Friday sessions throughout the season |



# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (SC 2025-26)

## CORE 2

The Core 2 practice group is intended for:

- Swimmers 11 and 12 years old (including swimmers who turn 11 at any point during the short course season) who have progressed beyond the Core 1 level and are looking for exposure to the next level of competitive swimming.
- Due to group size, priority may be given to swimmers in the 11-12 age group vs. 13 year olds

**Minimum Ability Requirements:** To qualify for Core 2, a swimmer must be able to legally swim 50 yards of each stroke, swim a legal 100 IM, and have the ability to swim a minimum of 6 x 100 free on a 2:00 interval.

**Focus of the Core 2 group:**

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Core 1).
- Introduction of race strategy, seasonal goals, and practice planning for both.
- More in-depth instruction in and development of practice principles, including principles of repeat training, interval training, test sets, and speed control.
- Continued practice of safe racing starts as well as relay starts
- Practice of underwater kicking, as well as utilization of it off of starts and turns
- Working towards completing the USA Swimming IMX Challenge: 500 free, 100 back, 100 breast, 100 fly, 200 IM

**Practice schedule:** Approximately 1¼ - 1½ hours in length, 5 days per week

**Required equipment:** Proper training suit, team competition suit, goggles, and swim cap (as dictated by hair length); mesh bag containing a kickboard, paddles, pull buoy, snorkel, and fins.

| Attendance Core 2 |          |                                                                          |
|-------------------|----------|--------------------------------------------------------------------------|
|                   | Practice | Meet                                                                     |
| Minimum           | 55%      | All Maverick hosted meets; must compete twice throughout the season      |
| Recommended       | 60%      | Two meet sessions per month<br>Two Friday sessions throughout the season |



# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (SC 2025-26)

## CORE 3

The Core 3 practice group is intended for:

- Swimmers 13 and 14 years old (including swimmers who turn 13 at any point during the short course season) who have progressed beyond the Core 2 level and are looking for exposure to the next level of competitive swimming.
- Swimmers entering high school are not eligible to register for this group but should register for the Senior groups.

**Minimum Ability Requirements:** To qualify for Core 3, a swimmer must be able to legally swim 100 yards of each stroke, swim a legal 200 yard IM, and have the ability to swim 8 x 100 free on a 1:50 interval.

**Focus of the Core 3 group:**

- Reinforcement and refinement of proper stroke, start and turn technique (building on skills from Core 2)
- Continued in-depth instruction in and development of practice principles, including principles of repeat training, interval training, test sets, and speed control.
- Greater emphasis on conditioning and conditioning principles
- Working towards completing the USA Swimming IMX Challenge: 500 free, 200 back, 200 breast, 200 fly, 200 IM, 400 IM

**Practice schedule:** Approximately 1½ - 1¾ hours in length, 5 - 6 days per week (Saturday morning practices on weekends we are not attending meets)

**Required equipment:** Proper training suit, team competition suit, goggles, and swim cap (as dictated by hair length); mesh bag containing a kickboard, paddles, pull buoy, snorkel, fins, and two tennis balls.

| Attendance Core 3 |          |                                                                           |
|-------------------|----------|---------------------------------------------------------------------------|
|                   | Practice | Meet                                                                      |
| Minimum           | 55%      | All Maverick hosted meets; must compete twice throughout the season       |
| Recommended       | 65%      | Two meets per month with two sessions per meet (any combo of Fri/Sat/Sun) |



# MAVERICK SWIM CLUB – CORE GROUP DESCRIPTIONS (SC 2025-26)

## SENIOR

The Senior practice group is intended for:

- Swimmers at the high school level and above and is designed to accommodate all swimmers, ranging from those who want to continue to engage in club swimming in addition to other activities and commitments to those swimmers who are fully committed to swimming as their principal non-academic activity.
- Pre-high school swimmers who have trained one year in Core 3 (or who have equivalent experience with another club/team) and who have a minimum of six senior regional qualifying times may be recommended by coaching staff to train with the senior group.

Except under certain extraordinary circumstances which must be pre-approved by the Head Coach, high school age swimmers are NOT eligible to register for any of the “Core” practice groups.

**Practice schedule:** 1¾ - 2 hours in length, 5 - 6 days per week (Saturday morning practices on weekends we are not attending meets)

**Required equipment:** Proper training suit, team competition suit, goggles, swim cap; mesh bag containing a kickboard, paddles, pull buoy, snorkel, fins; medium resistance stretch cord and yoga mat.

| Attendance Senior |          |                                                                                                                                                                                                                                                                                                                                     |
|-------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                   | Practice | Meet                                                                                                                                                                                                                                                                                                                                |
| Minimum           | 65%      | All Maverick hosted meets while not participating with HS team                                                                                                                                                                                                                                                                      |
| Recommended       | 75%      | All offered meets while not participating with their HS team. Because of the limited number of available USA Swimming meets for HS swimmers and due to the limited events swum during the HS season, it is important for swimmers to take advantage of the opportunity to compete in as many sessions as possible of offered meets. |

