

# MEYO Training Levels

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## A CONCISE OVERVIEW OF THE MEYO AGE GROUPS

Listed below are descriptions and expectations of each of the age group levels offered by the MEYO swim Team. In all groups, swimmers are encouraged to reach for top performances based on their abilities. We hope a good work ethic and a commitment to goals. These goals are set based on individual and team strengths and achievements.

### 6 & UNDER

This is a developmental program for swimmers who are four to six years of age. The only requirement for 6 and unders is that they are able to swim one length of the pool in any style, have a love of the water, and a desire to learn. This focus is on learning all four competitive strokes with starts, building endurance, and having fun. The length of the 6 & unders has been specifically designed for the attention span and physical needs of swimmers at this level.

We recommend that 6 and unders participate in at least one meet per month. 6 and unders are considered unders at most meets, however several meets do offer a 6 and under category.

### 8 & UNDER

8 and under is the level for swimmers who are 7 and 8 years old. This level is designed to train the experienced swimmer as well as the novice swimmer who is new to the swim team. 8 and unders must be able to swim one length of the pool in any style. Developing proper stroke technique is essential at this level for the novice as well as the skilled swimmer. Starts and flip turns are emphasized along with stroke work. As the season progresses, 8 and unders build up their endurance and as their strokes improve, so does their speed.

All 8 and unders practice at the YMCA and should swim in one or two meets each month. Along with being totally fun, a meet is the gauge that tells each swimmer how well they are doing and what areas need improvement.

### 9 – 10 Age Group

This group meets five days per week and should practice at least three of the five days. The 9-10s are divided into ability levels based on skill and experience, however all swimmers work together developing their strokes and putting them to use in a time oriented practice regimen through drills and repetition of skills. The more experienced 9-10s will be given added responsibilities based on stroke knowledge and conditioning. Practices will be structured with an emphasis on interval work to develop speed and to learn to sustain that speed over time and distance.

Basic dry land training (to enhance what they are doing in the water) and goal setting will be a regular part of the 9 workout. Swimmers in this group should be able to swim 50 yards (two lengths of the pool) in any style. 9s swim at the YMCA and are encouraged to participate in one or two meets per month.

### 11 – 12 Age Group

This group meets five days per week and should practice three to four of the five days. This is a multi-level group that spends a good amount of time working on strokes, starts, and turns. They have thirty minutes of formal dry land training two times each week. This training is designed for both general body strengthening as well as for strengthening muscle groups specifically for swimming.

During the swimming portion of the 11-12 workout, stroke techniques are refined along with aerobic conditioning, as these swimmers focus on training sets. They also work on distance swimming for both racing and general conditioning. Achievable goal setting is encouraged at this level. 11-12 swimmers should be able to swim a minimum distance of 50 yards (two lengths of the pool) front crawl (freestyle) and have working knowledge of backstroke. 11-12s swim at the YMCA and are encouraged to compete in one or two meets per month.

## SENIOR:

### 13 – 14 Age Group

This group, which is also a multi-level group, meets five days per week and should practice three to four of the five days. Swimmers should be able to swim 100 yards (freestyle) and 50 yards of backstroke. Most swimmers in this group are pre high school swimmers and there is an increased emphasis on conditioning and the refining of skills and technique. Meet distances are mostly 100 yards and above. 13s have three days of formal dry land training in the weight room in addition to the dry land that is worked into regular practice routines. Training in race preparedness and strategy is an integral part of the workout and swimmers are encouraged to swim certain meets to use as a bench mark for progress. These meets will vary depending on the experience and skill level of each swimmer. Swimmers practice at the YMCA and La Follette, swim in meets several times each month, and participate in all Championship meets that they qualify for.

### 15-19 Age Group

This is MEYO's highest training level designed for high school swimmers. Some MEYO swimmers choose to swim club USA / YMCA swimming for the entire season. Others swim with their high school teams and swim with MEYO before or after the high school season. Meets are specifically chosen at the start of the season for high school boys so they are able to swim the required meets in anticipation of the Championship meets in March.

Stroke technique, conditioning, dry land training, anaerobic training, and the setting of individual goals are emphasized. Racing psychology and strategy are also a part of the workout as swimmers work toward achieving qualifying times for National meets. Dry land and workloads will be meet driven. Swimmers aim toward State, Regional, and National times. Swimmers practice at the YMCA and La Follette, swim in meets appropriate for their level several times each month, and participate in all Championship meets that they qualify for.

~~~~~ Swimmers in all age groups should keep in mind that . . . ~~~~~  
"the only time work comes before success is in the dictionary."