

Tigers Aquatic Club Training Groups

Tigers Aquatics utilizes a progressive age group program designed to develop the swimmer physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation is placed primarily on developing technical skills and a love for the sport. In the later years, more demanding physical and psychological challenges must be introduced to the training program.

In addition to emphasizing long-term rather than short-term results, it is important to establish training groups of swimmers who are compatible in respect to abilities, commitment levels, and goals. While this is not always the most convenient approach to take, it is always the most productive.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long-term goal of total excellence is always at the forefront of program development. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

Age Group 1 (Tiger Sharks): Coach: Carolina Ages: 8 and under Group Requirements:

- Skills evaluated by coach to join group
- Minimum 2 practices per week
- Displays the desire, attitude and ability to join a competitive swim team
- Meets Optional.

Age Group 2: Coach: Carolina Ages: 8-10 Group Requirements:

- Skills evaluated by coach to join group
- Minimum 3 practices per week
- Displays ability to compete in all four stroke legally
- Meets Required

Age Group 3: Coach: Phil Ages: 9 – 12 Group Requirements:

- Skills evaluated by coach to join group
- Minimum 4 practices per week
- Can complete 500 free and 200IM
- Start and turn proficiently
- Meets Required

Junior Group: Coach: Carolina Ages: 12 – 18 Group Requirements

Skills evaluated by coach to join group

Minimum 5 workouts per week

Developing training through intensity, and holding technique through sets

Developing toward NJ swimming silver/gold time standards

Meets Required

Senior Group: Coach: Jen Zhen Ages: 13 and older

Skills evaluated by coach to join group

Expected at all 6 workouts per week

Development of stroke and training skills at an elite level

Development towards Sectional/Junior National/Senior National times.

Meets Required