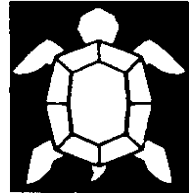


Terrapin Swim Team

Pyramid of Development & Progression



Terrapin Senior Group

Elite Training / Sports Science Program
Senior & National Level Competition / Travel
Sports psychology & physiology education
Olympic Trial Focus / Collegiate Preparation

Terrapin Senior Development Group

Ages minimum 12
Schedule- 5-7 times / wk

Goals
Advanced Training - progress to Senior Group
High School & Senior level competition
Advanced dryland training
Sports psychology & physiology education

Terrapin Gold Group

Ages 10-14
Schedule 5-6 times /wk

Goals
Advanced Training - progress to Senior Development Group
Emphasis on 200's stroke and 400 IM
Consistent dryland training
JO & Far Western competitive level

Terrapin Silver Group

Ages 9-12
Schedule- 5 times / wk

Goals
Aerobic training build-up
Advanced technique concepts / learn all drills
Progress competitive level
Intro to dryland
Fun! ****Terrapin Blue group Graduates come to this group.**

Terrapin Blue Group

Ages 7-10
Schedule- 4 times / wk

Goals
Advance technique development
Learn turns
Begin low level competition
Fun! ****Terrapin Orange group Graduates come to this group.**

Terrapin Orange Group

Ages- introductory skill level
Schedule- 4 times / wk

****Level IV Graduates**

Goals
Interested / Fun / Games
Learn basic competitive concepts
Social interaction / working in a group
Fun!

Concord City Lesson Program

Ages: All

****Levels I - IV**

Goals
Water safety & enjoyment - beginning swimming skills

For Membership information please call 680-8372 or www.terrapiinswim.com