

This year Hydra Swimming is restructuring our practice groups to better serve our swimmers and their families. We are also adding 3 new groups to provide extra flexibility. Our practice groups will now be separated into 3 levels: Novice, Intermediate, and Advanced.



**Novice**  
These groups are designed to give swimmers a technical foundation in an age-appropriate setting

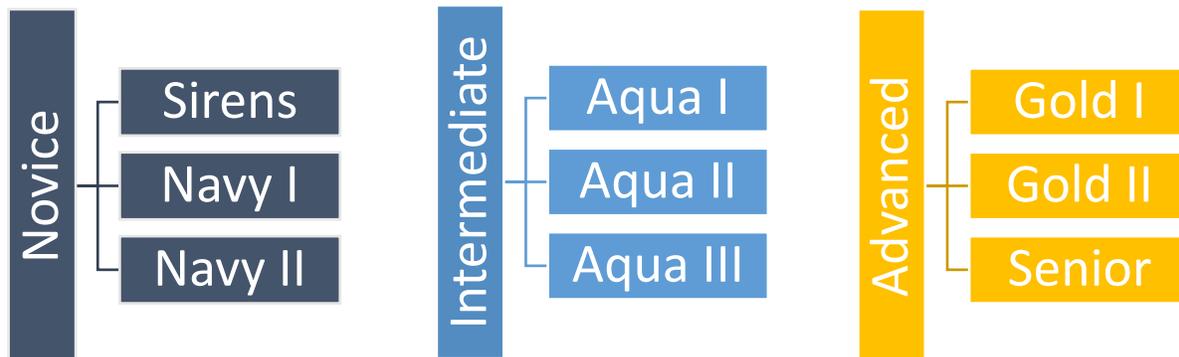


**Intermediate**  
These groups are a sequence to help swimmers increase their endurance, race strategy, and more advanced technique.



**Advanced**  
These groups provide swimmers in 8th-12th grades a variety of options based on their technical skill, ability, and goals.

Each level is separated into 3 groups, listed below:



### Aspire & Perform

Hydra Swimming offers 2 ways to participate: Aspire and Perform. Aspire is our training-only track, while Perform is our all-inclusive competitive track. Aspire and Perform swimmers practice and attend team functions together, get the same great instruction, and participate in the Hydra Haunt intrasquad meet and Rule the Pool. Perform swimmers have the opportunity to attend all other swim meets as well.

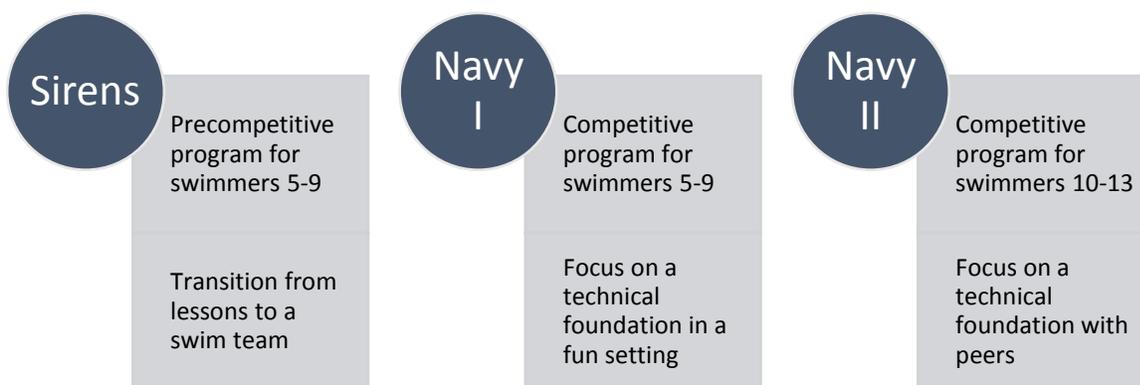
	NOVICE			INTERMEDIATE			ADVANCED		
	Sirens	Navy I	Navy II	Aqua I	Aqua II	Aqua III	Gold I	Gold II	Senior
Ages	5-9 years old	6-9 years old	10-13 years old	8-12 years old	10-13 years old	11-14 years old	14+	13+	15+
Practice Minimum	NA	NA	NA	NA	2	3	NA	5	6
Practice Maximum	3	3	3	4	4	5	3	6	6
Aspire/Perform	Aspire only	Both	Both	Both	Both	Both	Aspire only	Both	Perform only

Novice

- Sirens
- Navy I
- Navy II

The Navy groups are designed to give swimmers a technical foundation in an age-appropriate setting. Whether your child is just beginning in competitive swimming or needs to build some technical skills before tackling more advanced set work, they deserve a place to learn and grow at their own pace and with their peers. Sirens and Navy I focus on building a strong foundation

in all 4 competitive strokes using fun and engaging drills. Navy II allows older novice swimmers the chance to build their swimming endurance and round out their technical skills with swimmers their own age.

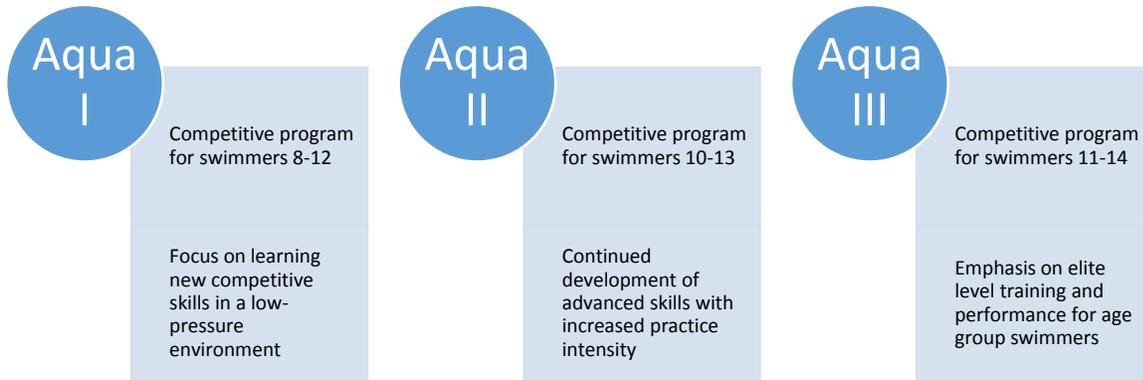


*For returning families, Navy I is the equivalent of Navy.*

Intermediate

- Aqua I
- Aqua II
- Aqua III

The Aqua groups are a sequence to help swimmers develop their endurance, race strategy, and more advanced technique. Swimmers progress through the Aqua groups as they build their competitive skills like starts, turns, finishes, pacing, and mental preparation. Aqua swimmers continue to work on all 4 competitive strokes while learning how to use the pace clock and run sets, building in intensity as they grow. Aqua Perform swimmers are working toward success at each season's championship meets.



For returning families, Aqua I, II, and III are the equivalent of Bronze, Silver I, and Silver II.

Advanced

- Gold I
- Gold II
- Senior

The Gold groups provide swimmers in 8<sup>th</sup>-12<sup>th</sup> grades a variety of options based on their technical skill, ability, and goals. Gold I gives swimmers the opportunity to develop their technique, maintain their fitness, and enjoy the sport as a complement to their other activities and academics. Gold II transitions swimmers from age group to senior swimming with increased specialization, training intensity, and in-water time; Gold II Perform swimmers are focused on qualifying for Junior Olympics, Zones, and high school championship line-ups. Senior is our elite level for upper-level high school swimmers focused on placing at high school conference and Sectional meets, and qualifying for high school Districts/States and USA Sectionals and above.



For returning swimmers, Gold II is the equivalent of Gold. Senior remains the same.