



Blue

This is the initial group of the Punahou Aquatics program. Here, swimmers move from constant instruction of the very basic fundamentals of competitive swimming (as experienced in advanced levels of common swimming lessons programs) to being exposed to early stages of training for competitive swimming. The majority of practice time is spent on stroke development, as these swimmers are working to improve their technique of all four competitive strokes. Relatively small swimming sets will be utilized in order to advance these swimmers' competitive swimming ability. The intended meets for these swimmers are the classified meets as well as the A/B/C meets and the expectation for attendance is to make a minimum of 2 out of the 5 practices per week (40%)

Silver

This is a group dedicated to training at a higher level of age group competitive swimming. Careful attention is still paid to stroke technique while a greater emphasis begins to be placed on endurance, speed, and direct preparation for upcoming competitions. Swimmers in this group generally have a firm grasp on all aspects of competitive swimming and are working to make qualifying time standards that would allow for their participation in various invitational meets throughout the season as well as the state championship meets. Swimmers in this group are expected to swim at the classified meets, A/B/C meets, as well as the invitational meets if they are eligible; the expectation for attendance is to make a minimum of 3 out of the 5 practices per week (60%)

Gold

This is the highest level in the age group program where swimmers are ready for more serious preparation and demonstrate that readiness through consistent practice habits and the ability to handle challenging training. Swimmers in this group generally meet 10&Under "Q" times although they may have aged up in the mean time and are now working to achieve 11-12 "Q" times. A continued emphasis is placed on proper stroke technique, endurance and speed, as well as race strategies by utilizing more advanced interval swimming sets. At this level, swimmers will follow season training plans in which the goals are to achieve invitational time standards, state championship qualifying standards, and beyond (i.e. zones, age group sectionals, etc.). The expectation is that swimmers in this group will attend a minimum of 3 out of the 5 practices per week (60%).

Senior 1

This group is comprised of swimmers who are of the junior high/high school age who have out-grown the age-group program and are working to improve their technique and endurance in all four competitive strokes. As a general rule, this is the beginning group for any swimmer who is in 7th grade or older. Practices for these swimmers will emphasize technique and endurance in order to prepare them for the higher levels of senior swimming. Swimmers in this group generally compete in the classified meets as well as A/B/C meets and are working to make qualifying time standards that would allow for their participation in the various invitational meets throughout the season as well as for the state championship meets. The expectation for attendance is to make a minimum of 3 out of the 6 practices per week (50%).

Senior 2

This group is designed for swimmers of junior high and high school age who give a strong commitment to the sport, possess an advanced knowledge of stroke mechanics, and are ready to engage in an arduous training regimen. A season training plan will be followed that will focus on being in top shape for invitationals, state championship meets, and beyond. Once state qualifying times are met, these swimmers are generally striving to qualify for national-level age-group competitions such as Zones and Age Group Sectionals. These swimmers are expected to excel in their preparation and attend most, if not all practices provided for them to meet their goals and objectives. The minimum expectation is that swimmers in this group make a minimum of 75% of the practices offered in a given week.

Senior Elite

SE swimmers are at the highest level of swimming in the PAQ structure, where the training is designed to prepare for top performances at the state, zone, and national levels of competition. By this level of swimming, it is assumed these swimmers will be not only competing and excelling at the state level, but will also be looking beyond and preparing for more advanced levels of competition. Swimmers in this group will strive to qualify for senior-level national competitions (Senior Sectionals, Junior Nationals, Senior Nationals, etc.) and aim to attend the highest level meet for which they qualify each year. The intensity of this group's training regimen will also thoroughly prepare swimmers for the level of training that is to be expected in collegiate swimming programs. Once at this level, swimmers are expected to demonstrate supreme commitment and dedication by missing practices due only to unavoidable conflicts.