



## 2023 Training Structure & Cost

**Age Group (11-14 or 8th grade), 10s (10 & under), Green Group (12 & under) requirements:**

**Green** – New swimmers looking to further develop their skills in each of the 4 strokes.

Attendance is voluntary and swimmers are encouraged to compete in ThRACE Nights and meets at Northside.

**Age Group White** – This group will start focusing on fine details of swimming and increase their stamina for competing. Minimum requirements are a solid progression towards IMR (USA Swimming's IM Ready). Attendance is voluntary and swimmers are encouraged to compete in ThRACE Nights and meets at Northside.

**Age Group Gold** – This group requires a minimum of 2 "B" times for their age group. This group emphasizes training and competing at a higher level. This group should be at 50% of practices or more and should be competing in the San Antonio area meets. Swimmers should plan to attend the highest qualified meet at the end of the season.

**Age Group Navy** – This group requires a minimum of 3 "BB" times for their age group. This group emphasizes training and competing at the highest age group level. This group should be at 65% of practices or more and compete in Texas area meets. Swimmers should plan to attend the highest qualified meet at the end of the season.

**10 White** - This is the next step up from Green. This group will start focusing on fine details of swimming and increase their stamina for competing. Minimum requirements are a solid progression towards IMR (USA Swimming's IM Ready). Attendance is voluntary and swimmers are encouraged to compete in ThRACE Nights and meets at Northside.

**10 Gold** – This group requires a minimum of 2 "B" times for their age group. This group emphasizes training and competing at a higher level. This group should try to attend 50% of practices and should be competing in the San Antonio area meets. Swimmers should plan to attend the highest qualified meet at the end of the season.

**10 Navy** – This group requires a minimum of 3 "BB" times for their age group. This group emphasizes training and competing at the highest age group level. This group should try to attend 65% of practices and compete in Texas area meets. Swimmers should plan to attend the highest qualified meet at the end of the season.



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### High School Group requirements:

**Green 13** – Will be for new swimmers (13 and over) looking to make a high school team in the next year or before leaving high school. This group is for beginner swimmers who need more of an advanced lesson season to help them understand the everyday aspects of swimming. Swimmers will need to pass the normal tryout requirements of a 200 Freestyle and a 50 of butterfly, backstroke, and breaststroke. Attendance will be completely voluntary, and swimmers will be encouraged to compete at meets hosted by Northside.

**High School White** – This is the next step up for high school swimmers. This group will start focusing on more fine details of swimming and increase their stamina for competing in a high school setting. The minimum requirement for this group will be to show competence in all four strokes (50 yards or more) and being able to finish a 500 Free non-stop. Attendance will be voluntary, and swimmers will be encouraged to compete at meets hosted by Northside.

**High School Gold** – This group will require a minimum of 2 “B” times for their age group. This group will emphasize training for high school even more and help prepare swimmers for competing at an even higher level. Attendance will be voluntary, and swimmers will be encouraged to compete at meets in the San Antonio area.

**High School Navy** – This group will require a minimum of 3 “BB” times for their age group. This group is for swimmers interested in competing for high school and club. This group will require swimmers to attend 65% of practices offered and to compete in 70% of all meets that the club plans to attend. If swimmers are unable or unwilling to attend the minimum number of practices per week, swimmers will be moved to the High School Gold Group.

**High School National** – This group will require a minimum of 6 “A” time for their age group. This group is for swimmers interested in swimming at a high level with a strong commitment to the team, training, and competition. This group will require swimmers to attend 85% of practices offered and to compete in 90% of all meets that the club plans to attend. This group will also plan for a travel meet once a season to help expand the swimmer’s experience. In addition to the requirements listed above, both swimmers and parents will be required to sign a commitment agreement prior to being allowed to practice with the group.



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Practice Group: Green & Green 13	\$100/month
Practice Group: 10's	
10's White	\$115/month
10's Gold	\$125/month
10's Navy	\$125/month
Practice Group: AG (Age Group)	
AG White	\$115/month
AG Gold	\$125/month
AG Navy	\$125/month
Practice Group: HG (High School)	
HS White	\$115/month
HS Gold	\$125/month
HS Navy	\$125/month
HS National	\$125/month



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### All Training Groups

- NISD Non-refundable Registration Fee \$100
- USAS Membership \$90, 2024 registration will open on September 1, 2023. This registration is completed separate from the team registration on [usaswimming.org](http://usaswimming.org) with a specific registration link provided by us.
- Team information will be provided and discussed at Evaluation, prior to registration
- Discounts available for siblings, contact [elizabeth.henderson@nisd.net](mailto:elizabeth.henderson@nisd.net)
- Free/reduced lunch rates available for participants, please contact [brandon.allenstein@nisd.net](mailto:brandon.allenstein@nisd.net)