

# SWIM FOR EXCEL AQUATICS

WILLIAMSON COUNTY INDOOR SPORTSCOMPLEX

**FREE TWO WEEK TRIAL AUGUST 16-26**

(Monday-Thursday)

**PLACEMENT TRIALS: August 9 or 10 from 4:30-6 pm**

**Have your swimmer evaluated for group assignment**

## 2010-2011 PRACTICE SCHEDULE

ISC	Mon	Tue	Wed	Thu	Fri	Sat
<b>Bronze II</b>	5:30-6:15pm	5:30-6:15pm	x	5:30-6:15pm	x	10-11 am
<b>Bronze I</b>	4:30-5:30pm	4:30-5:30pm	x	4:30-5:30pm	x	10-11am
<b>Silver III</b>	6:30-7:45pm	X	6:30-7:45pm	6:30-7:45pm	x	9:45-11am
<b>Silver II</b>	6:15-7:30pm	4:30-6:00pm	x	6:15-7:30pm	4:30-6pm	9:30-11am
<b>Silver I</b>	4:30-6:15pm	6:00-7:45pm	4:30-6:15pm	4:30-6:15pm	4:30-6:15p m	7:30-9:30a m
<b>Gold II</b>	6:30-8:15 pm	6:30-8:15 pm	4:30-6:15pm	6:30-8:15pm	x	9:30-11am
<b>Gold I</b>	4-6:30pm	5-6:30 am 4-6:30pm	4-6:30pm	5-6:30 am 4-6:30pm	4-6:30pm	7:15-10:30a m
<b>Xtreme</b>	4-6:30pm	5-6:30 am 4-6:30pm	4-6:30pm	5-6:30 am 4-6:30pm	4-6:30pm	7:15-10:30a m

**Bronze II:** The entry level for competitive swimmers. Attendance: 2-3 times weekly.

**Bronze I:** For developmental swimmers who need stroke development & conditioning for longer practices. Attendance: 2-3 times weekly.

**Silver III:** Training swimmers age 11-18 with focus on mastering the four competitive strokes. Attendance: 3-4 times weekly.

**Silver II:** Swimmers who have mastered the strokes. Aerobic conditioning and fine-tuning of strokes is emphasized. Attendance: 3-4 times weekly.

**Silver I:** Swimmers who are training for Southeastern qualifying times, and ready for a higher level of interval training. Technique remains the emphasis. Attendance: 4-5 times weekly.

**Gold II:** For swimmers age 13-18 striving for Southeastern qualifying times or training for high school swimming. Attendance: 3-5.

**Gold I:** For swimmers age 13-18 who compete at the Southeastern level. Attendance: 5-6.

**Xtreme:** For swimmers who make the highest commitment to their training and competition. Admittance into this demanding group requires dedication, desire, and a high level of training ability. Goals for these athletes include achieving Sectional, U.S. Open, and National qualifying times. Attendance: 6-9/wk

**WWW.EXCELAQUATICS.ORG**