



Summer 2009 Team Structure

GOLD/PLATINUM TEAM

Platinum : This is our top level Team (13 & Older). This **SPRING** we are reserving the 3:30-5:30 slot for those swimmers who plan on swimming everyday, 90% attendance is required to remain in this slot. Platinum swimmers will be permitted to swim during the 5:30 – 7:30 for flexibility. This program is based on two hour workouts with optional mornings, dryland, weight training recommended. Swimmers who do not maintain 90% workout attendance will be moved to the 5:30-7:30 slot. **SUMMER** - Morning Long Course workouts held at the outdoor 50 meter facility at Valley View Park in Bloomington will start up once school is out. These workouts will be our main daily training session. Afternoon workouts and strength training will be arranged to fit each individual..

GOLD: This is also our top level Team (13 & Older), but these swimmers will workout in the 5:30 – 7:30 slot, designed for athletes who will be swimming at less than 90% of the workouts. We will be using the same workout pattern and doing the same workouts as Platinum. Gold swimmers will not be permitted to swim during the 3:30 – 5:30 slot. **SUMMER** - Morning workouts will be held at Burnsville High School 6-8 and will start up once school is out. Afternoon workouts and dryland training will be offered during this part of the Season.

Half -Season Plan: This GOLD Team option is exactly what the title says. Swimmers can choose either the Spring half of the season ending when school is out or the second half starting Monday June 8th through August 1st. Summer half swimmers may swim mornings, afternoons or both at BHS or may want to consider our *SUMMER MORNING FITNESS* program.

Summer Morning Fitness: This is a non-competitive Gold Team program held at Burnsville High School, weekday mornings 6:00-8:00, June 8th through August 1st.

SILVER TEAM

Tier Two: This is our top level Silver (12 & Under) Team. Attendance expectations are four or more 1^{1/2} hour workouts per week. Dryland training will be offered but is optional. Some Long Course time may be offered once school is out dependent on the weather. Regular meet attendance is encouraged and participation in our season ending meets is expected.

Tier Four: This option is for Silver swimmers who wish to participate in one of the three following ways: To swim just the first half of the season; just the second half of the season; or the full season with a routine of three workouts or *less* per week. This group will swim with the Tier Two group.