

Velocity@Victor Group Descriptions and Locations

*For more information or an evaluation email coachjasonvictor@gmail.com

Group	Group Description	Group Goals	Test Sets	Price	Location
Developmental	This group is for beginner level athletes looking for more time in the water, continued progression on skills, and a desire to learn what being on a swim team is all about. This group is focused on the development of all four strokes and an introduction into swimming sets for physical training.	<ul style="list-style-type: none"> - 4 legal strokes - Strong kick able to go a minimum of 50 yards without stopping - Basic understanding of completing sets - Introductory Understanding of teamwork and camaraderie 	1 x 100 IM with legal strokes	\$115	1590 Hopkins Road
Intermediate B	This level is the next step after Developmental into an athlete's swimming career. Swimmers will work on building comfort in all four strokes, learn legal flipturns and open turns for swim meets, and develop strength and endurance in our kicking and swimming. Swimmers can do this while continuing on training in shallow water at MPS.	<ul style="list-style-type: none"> - Mastery of all 4 strokes - Legal flipturns and open turns - Increased Endurance and speed - Understanding of reading a pace clock - Understanding of set structures and lingo - Understanding of teamwork and camaraderie 	12 x 25 Kick @:35 1 x 500 Freestyle	\$115	1590 Hopkins Road
Intermediate A	This level is the next step after Developmental into an athlete's swimming career. Swimmers will work on building comfort in all four strokes, learn legal flipturns and open turns for swim meets, and develop strength and endurance in our kicking and swimming. This group will train in a pool with deeper	<ul style="list-style-type: none"> - Mastery of all 4 strokes - Legal flipturns and open turns - Increased Endurance and speed - Understanding of reading a pace clock - Understanding of set structures and lingo - Understanding of teamwork and camaraderie 	12 x 25 Kick @:35 1 x 500 Freestyle	\$115	2640 N Forest Rd

	water to develop comfort in all pool sizes before moving toward more competitive levels.				
Performance	This level is the next step after Intermediate into an athlete's swimming career. Swimmers will work on advanced details in all four strokes, gain comfort in flipturns, and work toward advanced set swimming and training. This group is an introductory level to competitive swim meets as well as bigger team events.	<ul style="list-style-type: none"> - Mastery of increased efficiency of all 4 strokes - Flipturns and open turns with speed and proper breakouts - Competitive level of Endurance and speed - Ability to understand and complete sets upon set description - Cooperative and competitive team environment 	<p>6 x 100 Freestyle @ 2</p> <p>10 x 50 kick @1:10</p> <p>1 x 300 IM</p>	\$115	2640 N Forest Rd
Senior Prep	Swimmers in this group are prepping for a higher level of competition including high school swimming as well as lsc meets. Swimmers will develop a high level of detail in their swimming and training to assist them in their development and future accomplishments of their competitive swimming.	<ul style="list-style-type: none"> - Manipulation of strokes toward individual technique needs - Maximizing efficiency for all turns. - Understanding strategies involving Endurance and speed to practice and compete with accuracy and intensity - Ability to run complex sets with ease - Foster a team environment while learning specific leadership skills - Participation in LSC Champs 	<p>10 x 100 Freestyle @ 1:30</p> <p>10 x 100 kick @1:45</p> <p>5 x 200 IM @3:15</p>	\$115	2640 N Forest Rd