

OC GOLD Group Outlines

Our year-round program includes competitive swimmers of all ability levels—from novice 5-year-olds to Junior Olympic qualifiers and developing National-level athletes. To help each swimmer reach their fullest potential, our program is designed to challenge individual talents and capabilities while fostering growth.

Our coaching staff values the importance of teaching proper technique in a positive, supportive environment. We strive to make swimming both enjoyable and challenging, ensuring that each athlete develops a strong foundation and a love for the sport.

Swimmers are placed into training groups based on age, ability, and experience. A brief description of each group is provided below; however, we encourage you to speak directly with one of our coaches for more detailed information.

Swim Meets:

For most groups (except Bronze B), coaches will enter swimmers in meets and select their events. If your swimmer is unable to attend a meet, you must decline participation through the online system by the posted deadline. Please note that if you do not decline online, your swimmer will be entered if they qualify, and meet fees cannot be refunded.



Age Group Pre Team - This is the entry level of our program, designed for novice swimmers. Participants must be at least 5 years old. Pre-Team members are introduced to our training structure and philosophy while developing foundational skills.

Swimmers must be able to swim 25 yards (one length of a standard high school pool) in freestyle, backstroke, breaststroke, and butterfly. Instruction focuses on proper technique, effective kicking, and endurance building to prepare athletes for advancement to the Bronze Group.

Practice is offered twice per week, and swimmers are expected to attend both sessions. Registration with USA Swimming is not required for this group; however, Pre Team members are not eligible for official swim meet competition. They may participate in our “Block Party” meets for experience, though times from these events will not be submitted to USA Swimming.



Age Group Bronze - The Bronze Group is the entry-level tier of our main competitive program, designed for swimmers ready to join a competitive swim team. Participants must be at least 5 years old and able to swim 50 yards (two lengths of the pool) in freestyle with side breathing, backstroke,

breaststroke, and butterfly. Swimmers must also demonstrate proper breaststroke kick and dolphin/butterfly kick.

The Bronze Group is divided into two subgroups: **Bronze B Beginner** and **Bronze A Advanced**. All swimmers are expected to have the desire and commitment to improve in all four competitive strokes, participate in swim meets and our Block Party Meets. Training at this level emphasizes conditioning in all four strokes through a combination of drills and games that make learning enjoyable, while refining and advancing technical skills.

Practices are offered four days per week, and swimmers should aim to attend at least three sessions. Bronze A swimmers are required to participate in USA Swimming-sanctioned meets and will be entered into competitions unless they are officially declined. Bronze B swimmers are encouraged to attend USA Swimming meets as they develop competition readiness.



Age Group Silver - Placement in the Silver Group is determined by the coaching staff based on a swimmer's attendance record, meet performance, stroke proficiency, attentiveness, and work ethic.

Practices are offered five days per week, and swimmers are required to attend a minimum of four sessions to maintain their placement. Participation in USA Swimming-sanctioned meets is mandatory for this group. Swimmers will be entered into meets unless they are officially declined through the registration system.



Age Group Gold - Placement in the Gold Group is determined by the coaching staff based on a swimmer's attendance, meet performance, stroke proficiency, attentiveness, and work ethic. Swimmers who have primarily achieved 10 & Under "A" time standards or higher, as outlined in the SCS Swim Guide, will be considered for this group. As our highest-level age group, the focus is on competitive performance, with an emphasis on consistent participation in USA Swimming-sanctioned meets.

Practices are offered six days per week, and swimmers are required to attend a minimum of four sessions to maintain placement and ensure continued progress. Attendance at USA Swimming meets is mandatory. Swimmers will be entered into meets unless they are officially declined through the registration system.



Senior 1 - Eligibility for the Senior Group is determined by the coaching staff and is generally extended to swimmers who have achieved, or are approaching, “B” time standards in three of the five competitive events (butterfly, backstroke, breaststroke, freestyle, or individual medley) at any distance for their respective age group (13–14 or 15–18), as recorded in a USA Swimming–sanctioned meet.

Practices are offered six days per week, and consistent attendance is essential for continued progress. Participation in USA Swimming–sanctioned meets is mandatory. Swimmers will be entered into meets unless they are officially declined through the registration system.

Senior 2 - Eligibility for the Senior 2 Group is based on an attendance rate of at least 85% of scheduled practices. Placement in this group is determined by attendance and effort, rather than prior achievement.

Practices are approximately two hours or more in duration and are offered six days per week, with dryland sessions twice weekly. In addition, two morning practices (1.5 hours each) are available each week for high school–age swimmers and older.

Swimmers must maintain at least 85% attendance to participate in Southern California Swimming (SCS) championship meets such as Junior Olympics, Winter Age Group, Junior Age Group, and SCS Senior Meets. A 90% attendance rate is required to participate in competitions outside of SCS, including travel meets, Sectionals, Nationals, and similar events.

Swimmers in this group will be entered into swim meets unless they are officially declined through the registration system.