

**IDAHO FALLS SWIM TEAM, PIRANHAS**  
**TRAINING SCHEDULE: June 1 – July 30, 2009**

<b><u>GROUP</u></b>	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>	<b><u>SATURDAY</u></b>
<b><u>Piranha Power Senior</u></b> 6 practices	Swim 5:30-7:30 a.m. Dry land 7:45-8:30 a.m. Swim 5:30-7 p.m.	Swim 5:30-7:30 a.m. Swim 4-6 p.m.	Swim 5:30-7:30 a.m. Dry land 7:45-8:30 a.m. ALIVE AFTER 5:30 P.M.	Swim 5:30-7:30 a.m. Swim 4-6 p.m.	Swim 5:30-7:30 a.m. Dry land 7:45-8:30 a.m. Swim 5:30-7 p.m.	<b><u>Swim 9-11 a.m.</u></b>
<b><u>Piranha Power Age Group</u></b> 9-10 yr. old = 4 practices 11-12 yr. old = 5 practices	Swim 5:30-7 a.m. Dry land 7-7:45 a.m.	Swim 5:30-7 a.m. Swim 5-6:45 p.m.	Swim 2-3:30 p.m. Dry land 3:45-4:20 p.m.	Swim 5:30-7 a.m. Swim 5-6:45 p.m.	Swim 5:30-7 a.m. Dry land 7-7:45 a.m. Swim 5:30-7 p.m.	<b><u>Swim 9-11 a.m.</u></b>
<b><u>Senior</u></b> (13 & over)	Dry land 4-4:25 p.m. Swim 4:30-6 p.m.	Swim 4:30-6 p.m.	Swim 5:30-7:30 a.m. Dry land 7:45-8:30 a.m. ALIVE AFTER 5:30 P.M.	Swim 4:30-6 p.m.	Dry land 4-4:25 p.m. Swim 4:30-6 p.m.	<b><u>OPTIONAL STROKE CLINIC</u></b>  <b><u>Age Group 1-2 &amp; Senior 9-10:30 a.m.</u></b>  <b><u>Age Group 3 &amp; Jr. Piranha 1 9-10 a.m.</u></b>
<b><u>Age Group 1</u></b> (9-12 yr. old)	Dry land 4-4:25 p.m. Swim 4:30-6 p.m.	Swim 2:30-4 p.m. Dry land 4:10-4:40 p.m.	Swim 5-6:30 p.m.	Swim 2:30-4 p.m. Dry land 4:10-4:40 p.m.	Swim 4:30-6 p.m.	
<b><u>Age Group 2</u></b> (9-12 yr. old)	Dry land 4-4:25 p.m. Swim 4:30-5:45 p.m.	Swim 3:30-4:30 p.m.	Dry land 4-4:25 p.m. Swim 4:30-5:15 p.m.	Swim 3:30-4:30 p.m.	Dry land 4-4:25 p.m. Swim 4:30-5:45 p.m.	
<b><u>Age Group 3</u></b> (all new swimmers 9-12 years old)	Dry land 4-4:25 p.m. Swim 4:30-5:30 p.m.	Swim 7-8 a.m.	Dry land 4-4:25 p.m. Swim 4:30-5:30 p.m.	Swim 3:30-4:30 p.m.	Dry land 4-4:25 p.m. Swim 4:30-5:30 p.m.	
<b><u>Junior Piranha 1</u></b> (experienced 8 & under)	Dry land 4-4:25 p.m. Swim 4:30-5:30 p.m.	Swim 3:30-4:30 p.m.	Dry land 4-4:25 p.m. Swim 4:30-5:30 p.m.	Swim 7-8 a.m.	Dry land 4-4:25 p.m. Swim 4:30-5:30 p.m.	
<b><u>Junior Piranha 2-A</u></b>	Swim 2:45-3:30 p.m.	Swim 4:15-5 p.m.	Swim 5:15-6 p.m.	Swim 4:15-5 p.m.	Swim 2:45-3:30 p.m.	
<b><u>Junior Piranha 2-B</u></b>	Swim 2-2:45 p.m.	Swim 3:30-4:15 p.m.	Swim 4:30-5:15 p.m.	Swim 3:30-4:15 p.m.	Swim 2-2:45 p.m.	
<b><u>Junior Piranha 3-A</u></b> (all new swimmers 5-8 years old)		Swim 6:45-7:30 a.m.	Swim 6:45-7:30 a.m.	Swim 6:45-7:30 a.m.		
<b><u>Junior Piranha 3-B</u></b> (all new swimmers 5-8 years old)		Swim 3:30-4:15 p.m.	Swim 4:30-5:15 p.m.	Swim 3:30-4:15 p.m.		

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Third trimester ends May 31 and the summer schedule will begin June 1.

\* Swimmers that will be **13 years old** before Aug. 1, 2009 should start the schedule in the Senior Training Group.

\* Swimmers that will be **9 years old** before Aug. 1, 2009 should start the schedule in either the Age Group 3 training group. Please discuss which group will be appropriate for you with Coach Denise if you are unsure of placement.

**PIRANHA POWER SENIOR & POWER AGE GROUP SWIMMERS:**

- All swimmers must meet the minimum requirements to be considered for the group, “B” or better time standard in one or more events
- PIRANHA POWER SENIOR is 13 and older swimmers with competitive swimming experience and goals that require a more committed training atmosphere
- PIRANHA POWER AGE GROUP are 9-12 year old swimmers with competitive swimming experience and goals that require a more committed training atmosphere

**SENIOR:**

- Swimmers 13 and older
- These swimmers have been divided to ensure quality coaching at all levels.

**AGE GROUP 1, 2 & 3:**

- Swimmers 9-12 years old
- Age Group 3 is for entry level competitive swimmers with little to no previous experience
- Age Group 2 is for competitive swimmers with one or more years of previous competitive swimming experience
- Age Group 1 is for competitive swimmers with more than 1 year of experience and legal times in the 100 / 200 I.M.

**JUNIOR PIRANHA 1-2-3:**

- Swimmers 5-8 years old
- Junior Piranha 1 is for swimmers with at least one year of previous competitive swimming experience and coach recommendation
- Junior Piranha 2 is for swimmers with some previous competitive swimming experience and coach recommendation
  - \* JP-2A – these swimmers can do the 4 strokes – coach recommendation
  - \* JP-2B – these swimmers are learning to compete and almost have all 4 strokes learned
- Junior Piranha 3 is for entry level 5-8 year old swimmers with little to no competitive swimming experience and: 1) must be comfortable in the water; 2) must be able to follow directions; and 3) must be able to work with others in a group