



Senior Level (13 – 18)

Group Name	AGES	Description	Requirements
National	13 – 18	Highest level of the DART program. Top 20 athletes in the program. Striving for National level meets and collegiate level swimming	8 workouts per week. Futures cuts. Full investment into the program. Must be fully healthy to swim entire designed workouts
National Development	13 – 18	Elite level of the DART program. Striving for National level meets and collegiate level swimming. Building up to the National group.	5-7 workouts per week. Close to senior sectional cuts. Full investment into the program. Working to move into the National group.
Senior Speed	13 - 18	High level training for high school swimming and water-polo.	3-5 workouts recommended per week. Ability to train at a higher level and comprehend higher level swimming technique and training. At or above Junior Olympic standards.

AGE Level (6 -12)

Group Name	AGES	Description	Requirements
Competitive Track			
AGE 3	9 - 12	Highest level of the DART AGE program. Top 11 –12 year-old swimmers with outlier 9 -10 year-old athletes.	4 workout requirement, 3 workout min
AGE 2	8 - 11	Advanced 9-10 group with top outlier 8 year old athletes.	3 workout requirement 2 workout min
AGE 1	6 – 9	Strong 8 & under group	No requirement. Swim meet and competition encouraged



AGE Level (6 -12)

Group Name	AGES	Description	Requirements
Recreational Track			
Gold	11 – 14	Basic skills for ages 11-14 swimmers, some advanced work to allow for possibility of swimmers to move to competitive track	No Workout requirements
Silver	8 – 10	Basic skills for ages 8-10 swimmers, some advanced work to allow for possibility of swimmers to move to competitive track	No Workout requirements
AGE 1	6 – 9	Basic skills for ages 6-9 swimmers, some advanced work to allow for possibility of swimmers to move to competitive track	No Workout requirements