

MADISON GROUPS:

JUNIOR



We have our Madison-based programming split into 3 different age groups, and we have 3 groups offered for each age level. This allows us to provide an appropriately challenging practice for all of our swimmers. At the younger ages, swimmers are grouped primarily based on their age and secondarily on their swimming abilities. As swimmers age their swimming performance, the ability to train to the standard of the group, and especially a swimmer's commitment level become more important factors. You can check out all of our Madison group descriptions on our website.

Ultimately, placement of swimmers into their groups is determined by the coaching staff. But we want families and swimmers to use these group descriptions as a guideline and also to be aware of expectations for practice.

A TYPICAL JUNIOR SWIMMER...

- Has a strong commitment to BAC and to the sport of swimming! BAC is a priority activity for them, and their goals are primarily performance driven.
- Is in 5th through 7th grade.
- Has at least 1 or 2 seasons of experience with a USA Swimming team.
- Is expected to attend several practices a week, every week.
- Is excited to be challenged more consistently in practice. This includes learning how to properly train during a variety of workouts in the pool. Junior swimmers also recognize the importance that dryland training has on their success in the water.
- Will be encouraged to try any and all events in their age group, and will work with coaches to select varied events at different meets
- Is expected to participate in a meet each month during the season, and will be required to participate in season-ending meets
- Currently has (or is expecting to get) [11-12 state cuts](#)
- Promotes and enhances BAC team culture by showing enthusiasm for practice, helping to foster a supportive practice environment, and demonstrates a positive attitude!

A Junior Swimmer generally matches the description for each of these bullet points, and will be expected to maintain these standards for the duration of their time in the Junior Group.