

Level	Description	Workout
Red	<p>The QCD Red group is designed to prepare swimmers to compete in North Carolina High School Athletic Association State Championships and sectional swim meets. This training group has attendance requirements for training sessions and swimming meets. Swimmers must attend a minimum of 80% of the workouts to remain in this training group. The group will focus on:</p> <ul style="list-style-type: none"> • Increased focus on technique comprehension through the use of filming and viewing video. • Aerobic development and proper technique will be emphasized requiring an increased time commitment. • Swimmers will begin learning the foundations of self-correction and stroke awareness. • Increased level of accountability with regards to changes in technique. • A stronger emphasis will be placed on strength training. • Racing strategy will become a major focus and workouts will be built around specific racing strategies. • Must attend scheduled team building events. • Must have a positive attitude toward training. • Focus on foundational concepts like distance per stroke, efficiency, and strokes per length. • Speed development will become a major focus. 	<p>Advanced athletes will swim 3500-5000 yards nightly; have good mechanics in all four (4) competitive strokes.</p>
Black	<p>The QCD Black group is designed for continued focus on proper stroke technique for all four strokes. An increased emphasis will be placed on endurance and swimmers will be introduced to interval training. Racing strategies will be introduced. Strength training and calisthenics will play more important role. (no weights) Significant focus will be placed on starts and turns. Evaluation required-interval test</p>	<p>Intermediate athletes will swim 1500-2500 yards nightly, will improve on mechanics in all four(4) competitive strokes.</p>
Gray	<p>The QCD Gray group is designed to provide swimmers new to the sport an opportunity to learn correct stroke technique for all four strokes. The minimum requirement for entry into this group is that the swimmer is able to swim one length of freestyle and backstroke unassisted. This is not a lessons program for non-swimmers. A strong emphasis will be placed on learning proper kicking technique for all four strokes. The aim of this course is to teach swimmers how to swim one length of each stroke unassisted. All swimmers entering this course must be evaluated prior to entry. Evaluation dates will posted under team tryouts.</p>	<p>Beginner athletes must be proficient in deep water, and will learn and practice all four (4) competitive strokes.</p>