

ADVANCED MINI

This group is for 8&unders and 9-10 year olds that are still learning the basic skills. The focus will be learning all 4 competitive strokes, drop starts in the water, dive starts from the block, and turns. Swimmers will also learn basic breathing patterns and relay starts.

1. Be able to complete 50 yards of correct freestyle with proper head position, continuous arms, consistent kick, and rotary breathing.
2. Be able to complete 50 yards of correct Backstroke with proper head position, continuous arms, consistent kick, and good body roll.
3. Be able to complete 50 yards of side kick with proper head position.
4. Be able to complete 50 yards of correct butterfly pressing/kick with arms at sides or on a board.
5. Be able to complete 25-50 yards of correct butterfly.
6. Be able to complete 50 yards of correct breaststroke kick.
7. Be able to complete 25-50 yards of correct breaststroke.
8. Demonstrate a correct drop start, and a competitive dive from side or block.
9. Be able to complete a 100 IM.
10. Attend at least 2 swim meets.