

## CUDAS

This is our group for advanced 8-10 year olds and beginner/intermediate 11-12 year olds. Swimmers will continue to learn practice etiquette. They will focus on increasing endurance, while maintaining good technique. Swimmers will start to learn race strategies at this level. Dryland is introduced at this level, with a focus on flexibility and core strength.

1. Be able to complete 300 yards of continuous correct Freestyle.
2. Be able to complete 100 yards of correct IM, Butterfly, Backstroke, and Breaststroke.
3. Be able to complete sets of 25s, 50s, and 100s of each stroke and IM.
4. Introduction to sculling.
5. Demonstrate an understanding of lane etiquette and daily practice routines.
6. Demonstrate the desire to learn and correct stroke habits on own.
7. Participate in dryland training.
8. Bring equipment to practice (mesh bag, fins, cap (if wearing one), extra goggles, and proper dryland clothes).
9. Attend at least 4 swim meets.
10. Demonstrate an understanding of Goal setting.
11. Demonstrate correct race strategies for 50/100 of each stroke, 100 IM, and 200 FR.