

## JUNIOR 1

This group is for 9-12 year olds and is designed to increase the swimmers' aerobic capacity gradually. Swimmers will begin aerobic training, but will still focus primarily on technique. We will continue to work on race strategy for distances over 50 yards. The Dryland training will begin to work on upper body strength as well as increasing flexibility and core strength.

1. Be able to complete 400 yards of continuous correct Freestyle.
2. Be able to complete 200 yards of FR & IM, and at least 2 of the following: 100 Butterfly, 100 Backstroke, 100 Breaststroke with correct race strategy and technique.
3. Be able to complete sets of 25-100 yard repeats of correct technique in each stroke.
4. Introduce test swims to monitor training.
5. Practice IM swimming sets.
6. Learn and perfect starts, turns and finishes for all strokes and IM turns.
7. Learn and perfect relay starts.
8. Learn to use pace clock and independently monitor training.
9. Increase distance to improve endurance.
10. Develop a well-balanced training program.
11. Participate in dryland training.
12. Bring equipment to practice (mesh bag, fins, cap (if wearing one), extra goggles, and proper dryland clothes).
13. Attend at least 4 swim meets.
14. Participate in coach/athlete goal setting meetings.
15. Learn to keep a log book of competition and training.
16. Demonstrate a positive attitude toward Competitive Swimming.
17. Be able to complete 6 x 100 FR on 1:45.
18. Be able to complete 4x 100 Kick on 2:30.