

JUNIOR 2

This group is for 11-14 year olds. They will begin to learn about specialized training (i.e. Sprint/Middle Distance). They will focus on increasing aerobic capacity, while maintaining proper technique. The dryland for this group increases in intensity at this level. Swimmers will focus on increasing overall strength and flexibility.

1. Be able to complete 500 yards of continuous correct Freestyle.
2. Be able to complete 200 yards of IM, and at least 2 of the following: Butterfly, Backstroke, and Breaststroke with correct race strategy and technique.
3. Be able to complete sets of 25-200 yard repeats of correct technique in each stroke.
4. Practice IM swimming sets.
5. Test swims to monitor training.
6. Participate in dryland training consisting of basic stretching and body weight exercises.
7. Bring equipment to practice (mesh bag, fins, cap (if wearing one), Paddles, extra goggles, and proper dryland clothes).
8. Attend at least 4 dual meets and 2 Invitationals.
9. Participate in coach/athlete goal setting meetings.
10. Keep a log book of competition and training.
11. Demonstrate a positive attitude toward Competitive Swimming.
12. Be able to complete 8 x 100 FR on 1:35.
13. Be able to complete 6 x 100 Kick on 2:15.
14. Attend at least 2 dual meets and 2 Invitationals.