

PREP

This group is for 7-11 year olds that are refining their skills in all 4 strokes, freestyle and backstroke floipturns and racing starts. They will focus on technique and building their kicking endurance. Swimmers will begin to learn practice etiquette (use of pace clocks, how to swim in a lane together).

1. Be able to complete 200 yards of continuous correct Freestyle.
2. Be able to complete 100 yards of Freestyle and IM (up to 4 in a set).
3. Be able to complete 50 yards of Butterfly, Backstroke, and Breaststroke (up to 4 in a set).
4. Be able to demonstrate correct starts and turns for all four strokes and IM.
5. Be able to complete 600 yards of Kick.
6. Demonstrate an understanding of basic intervals for training sets. (4 x 50 on 1:30)
7. Demonstrate an understanding of proper lane etiquette (circle swimming, 5-10 sec. apart, staying inside your own bubble).
8. Introduction to starts, turns,(including IM), and finishes for all strokes.
9. Introduction to relay starts.
10. Punctual for practice start times.
11. Bring a water bottle and extra goggles to practice.
12. Introduction to low-level competition with attendance to at least 3 swim meets.
13. Demonstrate the desire to learn and correct stroke habits.