



FALCONS

Competitive Group

Age

13 - 18 years old

Practice

6 times a week

Swim Meets

Eligibility:

- Home
- Novice
- Qualified Committee
- Regional
- National

Required Skills

- ✓ 100m free
- ✓ 100m back
- ✓ 50m Breast
- ✓ 50m Fly
- ✓ 200m IM
- ✓ Intermediate Starts & Turns
- ✓ Self-directed intervals
- ✓ Understanding of complex sets

Must meet minimum interval requirements

Group Focus

- Intermediate technique development with an emphasis on:
 - body awareness
 - goal setting
 - race strategy
- Dryland activities focus on:
 - continued flexibility
 - full-body strengthening
 - quick-twitch development

Connect with us! Email us with any questions.

✉ office.tcfs@gmail.com

Visit our website for complete program information.

🌐 falcons.swim.com