



RED ROBINS

Competitive Group

Age

6 - 10 years old

Practice

4 times a week

Swim Meets

Swim Meet eligibility:

- Home
- Novice
- Qualified Committee

Required Skills

- ✓ 50m free
- ✓ 50m back
- ✓ 25m Breast
- ✓ 25m Fly
- ✓ 100m IM
- ✓ Dive from Side
- ✓ Legal starts and turns
- ✓ Ability to read and execute intervals independently

Must meet minimum interval requirements

Group Focus

- Technique focuses on:
 - all 4 competitive strokes
 - Starts and turns
 - Beginning race strategy
 - Speed development
 - Core development
- Dryland activities focus on:
 - flexibility
 - coordination
 - strengthening the core

Connect with us! Email us with any questions.

✉ office.tcfs@gmail.com

Visit our website for complete program information.

🌐 falcons swim.com