





INITIAL SKILLS REQUIRED TO JOIN THE CLUB TEAM

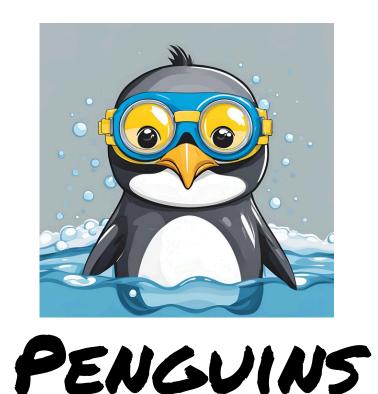
25 free & backstroke unassisted

Throw Float on Back through Enter/Exit Pool safely

TFollow vocal instruction

INITIAL GROUP FOCUS: swim etiquette, vocabulary, basic skills and drills, continued development on long axis strokes, beginning/intermediate development on short axis strokes. Develop legal starts, turns and understanding intervals.

Athletes who join the club at the initial level will be assigned to one of the following groups based on their age. They may choose to join for Competitive or Conditioning Progression



Ages: 5 - 9

Practice 3 - 5 x a week Competition Recommended



RED JAYS

Ages: 10 - 13

Practice 3 - 6x a week Competition Recommended



CONDOR5

Competition Recommended

Ages: High School Practice 5+x a week

COMPETITIVE GROUPS



RED ROBINS

Ages: 5 - 9

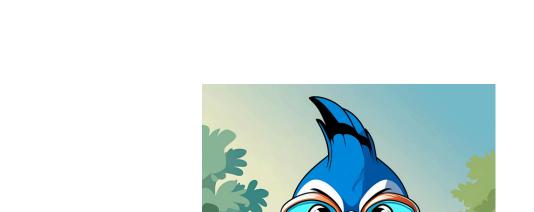
Practice: 4 - 5 times a week Competition Mandatory

REQUIRED SKILLS

- 50 free & 50 back
- 25 Breast & 25 Fly
- Dive from Side
- Legal starts & turns
- Ability to read and execute intervals with guidance. Must meet minimum interval requirements

GROUP FOCUS:

Technique focus on all 4 competitive strokes, starts and turns, beginning race strategy, speed development, core development. Dryland activities focus on flexibility, coordination and strengthening the core. **Progression Goal:** Blue Jays



BLUE JAYS

Ages: 10 - 13

Practice 5 - 6 times a week **Competition Mandatory**

REQUIRED SKILLS

- 100 free & 100 back
- 50 Breast & 50 Fly
 - 100 IM
- Intermediate Starts & Turns - Self directed on intervals with
- minimal guidance Must meet minimum interval requirements

GROUP FOCUS:

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

Progression Goal: Falcons



FALCONS

Ages: High School

Practice 6 - 8 times a week **Competition Mandatory**

REQUIRED SKILLS

- 100 in all strokes
 - 200 IM
- Advanced Starts & Turns
- Self directed intervals Must meet minimum interval requirements

GROUP FOCUS:

Advanced technique and development with the use of weight and training aids. Comprehensive dry land training program emphasizes strength trianing, quick twitch development, flexibility, and visualization. Focused on maximum performance quality including goal setting and complex race strategy. Preparing/ athletes for Elite level

CONDITIONING GROUP



EAGLES

Ages: High School

Practice 3 - 5x a week Conditioning Group May participate in Home Meets

REQUIRED SKILLS

- Starts and Turns Self directed intervals - 25 of all competitive strokes

GROUP FOCUS

swim etiquette, vocabulary, basic skills and drills, beginning to intermediate technique/ development work on all competitive strokes. Develop legal starts, turns and understanding intervals.

