

## INITIAL SKILLS REQUIRED TO JOIN THE CLUB TEAM

★ 25 free & backstroke unassisted    ★ Float on Back    ★ Enter/Exit Pool safely    ★ Follow 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



### PENGUINS

**Ages: 5 - 9**

Practice 3 - 5 x a week  
Competition Recommended



### RED JAYS

**Ages: 10 - 13**

Practice 3 - 6x a week  
Competition Recommended



### CONDORS

**Ages: High School**

Practice 5+x a week  
Competition Recommended

## 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 training, 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.