

GATORADES –

The Gatorade program is for swimmers, typically 6-9 years old, who have little or no competitive swimming experience but are interested in trying a swim team. This level will provide children with an introduction to competitive swimming with a focus on basic stroke mechanics, team building activities, as well as physical and mental development, and most of all – fun!

Swimmers in this group will be expected to attend all the meets on the Gatorades meet schedule.

The Gatorades will practice 2 nights a week. It is recommended that swimmers attend as many practices as possible.

To be placed in this group, swimmers must be able to complete the following –

- 25 Freestyle continuous
- 25 Backstroke continuous
- Have passed swim lesson level Minnow.

USA Swimming Registration is optional at this level.