

GREEN GROUP –

This level is for swimmers, typically between the ages 8-12, that may be new to competitive swimming and are interested in developing the stroke techniques and endurance training necessary to develop into an outstanding swimmer. This level will focus on stroke mechanics, racing skills, and enjoyment of the sport. There will be a gradual increase in endurance training capacity.

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

The Green Group will practice 3 nights a week. Attendance at all practices is recommended.

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

- 1x200 Free continuous
- 1x100 Back continuous
- 1x50 Breast continuous
- 1x25 Fly continuous

All swimmers are required to be USA swimming registered.