Blue

The Blue group is the 4th progression of our Age Group Team. Blue Group is for advanced swimmers ages 11-14. The average swimmer in Blue attends 5-6 workouts per week for 120 minutes. The blue swimmers are expected to know our full drill progression and perform long bouts of aerobic conditioning while maintaining proper technique.

Required Equipment Practice:

Mesh Bag

Kick board

Full bladed swim fins

Goggles

Pull Buoy

Freestyle Snorkel

Swim Cap (cannot represent another team, required for girls)

Required Equipment Swim Meet:

Goggles

Team Suit

Team Cap

2 towels

Clothes and sandals/shoes to wear on deck