Fitness and Technique 11 and Over

Fitness and Technique is a great opportunity for swimmers to transition to or continue participation with the Patriot Swim Team. This training group is designed for the swimmer that wishes to participate 2 times per week for around an hour. Swimmer in 11 and Over must be in that age limit and complete a learn to swim program/complete swim tryout.

Fitness and Technique swimmers are part of the Patriot Swim Team and can participate in all team activities.

The group commitment is less than that of the Red/White group and the emphasis is placed in the following areas:

1. Learning the core drill/technique philosophy of the Patriot Swim Team

2. Participating in a team environment with great kids from around the area.

3. Engaging in activities that improve personal fitness, education in personal health, and creating a commitment to lifelong fitness.

Required Practice Equipment:

Mesh Bag

Kick board

Full bladed swim fins

Goggles

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

Required Meet Equipment:

Goggles

Team Suit

Team Cap

2 towels

Clothes and sandals/shoes to wear on deck