White Group is the 3trdlevel of our age group program. This group consists of swimmers age 9-13. White 2 practices for 90 minutes 6 days per week, depending upon meet schedule. The average swimmer in this group attends 4 and sometimes 5 practices a week. Technique and teaching are still a priority for White 2, but training will continue to have an increase in pace and physical activity. Athletes in White 2 will have weekly “dryland” strength training.

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