

# LAKE COUNTRY SWIM TEAM'S NOVICE PROGRAMS

The Lake Country Swim Team is proud to provide a developmental program for beginning competitive swimmers ages 5 and above. Swimmers in our novice program do not need to have previous competitive experience. For additional information about the novice programs available, read below. You can find current schedules and registration forms below as well. Phoenix Conference information and meet results posted in the meet information tab, located within the double blue arrows above.

## Swim Sessions:

### Spring & Fall

In the spring and fall we offer 3 sessions. The first 2 sessions, Pre-Competitive Swim Class, are 3 weeks in length, meeting 3 times each week for 50 minutes. There is no formal competition during these sessions. The third session we offer is Ribbons. The Ribbons session is 6 weeks in length with swimmers still meeting 3 times each week for 50 minutes. During the Ribbons session we begin to introduce competitive swimming to our novice swimmers. Each member will compete in 2 of 3 dual meets and the conference championship meet while participating in our Phoenix Conference Program. These meets are fast-paced, fun and exciting for both participants and parents. Swimmers will compete against classmates of similar speed and ability and develop sportsmanship and teamwork during each meet. Imagine these meets as an opportunity for the swimmers to demonstrate their newly learned skills and to have a lot of fun!

The Pre-Competitive Swim Classes are offered during March – mid-April and mid-September – October. The Ribbons session are offered during mid-April – May and November – mid-December.

### Winter & Summer

In the winter and summer we offer 1 session each. Our novice class during these times is limited to 24 participants. Swimmers who were members of the previous season's Ribbons session will receive registration information for these classes first, but we will arrange individual evaluations for interested swimmers as long as space is still available. Class will meet 2-3 times each week for 1 hour for 6-7 weeks. The Winter Novice Class will meet during January – mid-February and the Summer Novice Class will meet during June – mid-July. Competition opportunities will be available to participants if interested.

## What to expect:

Swimmers advancing thru our novice programs will learn all 4 competitive strokes (freestyle, backstroke, breaststroke and butterfly) as well as the starting, turning and finishing action for each. Swimmers will learn basic pool safety rules, play fun and exciting games and have a lot of fun, too!

Our novice program is divided into 6 levels, each level practicing 3-5 skills:

### Level 1 Skills (purple)

Front streamline  
Flutter kick on side  
Flutter kick with a kickboard  
Flutter kick on back in streamline

Sitting bobs

### Level 2 Skills (green)

Flutter kick on side with breath  
Backstroke  
Back start

### Level 3 Skills (yellow)

Freestyle with rhythmic breathing  
Butterfly kick with kickboard  
Underwater streamline with butterfly kick  
Fall-away push-off

### Level 4 Skills (white)

Butterfly kick with breath  
Breaststroke kick with kickboard  
Freestyle flip turn  
Forward start

### Level 5 Skills (red)

Breaststroke  
Butterfly  
Backstroke flip turn

### Level 6 Skills (blue)

Individual Medley  
Distance swimming freestyle  
Fall-away turns

\*Parents are always welcome to observe classes from the bleachers.\*

## Report Cards:

Every swimmer will have his/her own report card. As skills are passed, report cards will be updated. Both swimmers and parents are encouraged to check report cards often, to monitor progress through our program. Please feel free to speak to

coaches about what skills are needed to pass and what the expectations are. In addition, attendance charts with passed skills noted will be available for viewing during each practice. Once a swimmer passes all the required skills in his/her level, he/she can begin practicing with the next level during the next class. Swimmers will also receive a ribbon as they pass each level.

### **About The Coaches:**

Our high-school aged novice instructors are trained by our professional coaching staff and are current members of our Senior Program. They represent some of the most experienced members of our team. Level 1 and level 2 coaches will be in the water at all times. All practices will be supervised by a United States Swimming certified coach.

### **Costs:**

#### **Annual Team Membership Fee (September 1 – August 31)**

\$70 (*This fee pays for swimmer membership into the United States Swimming organization.*)

*Every member on our team pays this fee each year. Swimmers joining our team during the spring or summer sessions will receive a pro-rated fee of \$45.*

#### **Program Fees**

Pre-Competitive Swim Class (PCSC) = \$50

Ribbon Swim Team = \$100 (*This includes participation in 3 competitions.*)

Winter/Summer Novice Class = \$50-70 (*Fees for this class are determined once the schedule has been finalized and are based on number of practices available. Cost is usually between \$50 and \$70.*)

#### **Equipment:**

Any style bathing suit is acceptable for the novice program. Swim caps are not required, but are available to purchase in our team office. Goggles are strongly encouraged and are also for sale in our team office. Members of the Ribbons session will receive a conference team cap at their first competition.

**We look forward to you joining our family. Please call if you have any questions.**