

SOUTHWEST AQUATICS TEAM

GREEN/SWAT STARTERS
GROUP 2019



SWIMMING: A WORTHY INVESTMENT

“The things you learn from sports – setting goals, being part of a team, confidence – that’s invaluable. It’s not about trophies and ribbons. It’s about being on time for practice, accepting challenges and being fearful of the elements.”

**- SUMMER SANDERS
(USA GOLD MEDALIST IN SWIMMING)**

WELCOME, PARENTS

COACH'S MESSAGE

I am Coach Cristina. Welcome to SWAT! I'm in charge of the SWAT Starters and the Green group. For SWAT Starters our goal is for every child to swim 25 yards of freestyle and 25 yards of backstroke and some fundamentals of butterfly. If some of these kids advance well before November, my goal is to enter them in one of the Del Norte meets.

The goal for our Green Group swimmers is the ability to swim all four strokes correctly. We want them to compete in the Del Norte meets and some other meets during the year. We offer practices 4 times a week for this group and it is recommended for them to come at least two or more practices a week. Looking forward to working with all of your kids this year! Thank you!

Coach Cristina!

GO SWAT!!!



SOUTHWEST AQUATICS TEAM
RECOMMENDED PRACTICE ATTENDANCE

Green Group
2-3 Per week
SWAT Starters
2 Per Week

Go SWAT!!!

SOUTHWEST AQUATICS TEAM
RECOMMENDED SWIM COMPETITIONS

Green Group
Del Norte Swim Meets
SWAT Starters
Based on Recommendation
of Coach

Go SWAT!!!

SWAT

SWIMMING AND TRAINING TEAM

Equipment Required For Practice



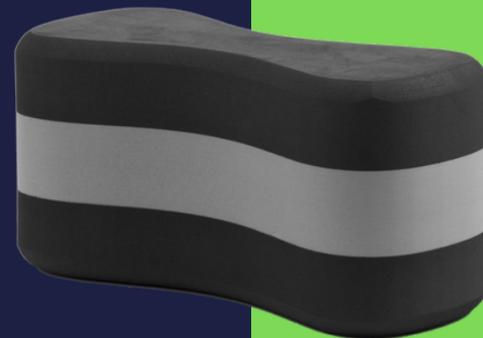
TRAINING FINNS

Long Fins are preferred over Short Fins. Please avoid Scuba fins or fins with Straps. Optional **Swim Fin Socks** to prevent chafing from fins. **SWAT Starters** encouraged to purchase Fins.



KICKBOARD

SWAT Starters do not need a board. It will be provided by Instructors.



SMALL PULL BUOY

Recommend Size small. If too large it will not allow swimmer to stay balanced. **SWAT Starters** do not need to purchase this equipment.