



VICTORY AQUATICS

Roster Group Definitions - Novice

Novice:

These are our entry level swimmers. These swimmers haven't yet committed to swim meets and a competitive 'lifestyle'. Focus is on improving the basic technique of all 4 strokes, **never speed!** Swimmers begin learning proper dryland exercise technique for swimmers. Our goal towards injury prevention begins here.

Swimmers (and parents) are introduced to swim meets.

The novice team is the beginner level for new athletes and parents have an introduction to the sport of swimming and what our team has to offer.

Requirements for entry: Swimmers can complete a minimum 25 yards Freestyle, Backstroke, Breaststroke, and Butterfly unassisted and without the aid of lane lines or the sides of the pool. They are able to do a pencil dive off the side of the pool.

These swimmers can be recreational.

They train 3 days a week -- either Monday, Wednesday, and Friday or Tuesday, Thurs, Friday

Duration 45 mins + 15 dryland .

Equipment Requirement:

- ✓ Cap (Silicone recommended for long hair)
- ✓ Goggles
- ✓ Kickboard
- ✓ Pull Bouy
- ✓ (Optional) Wet bag to keep equipment in