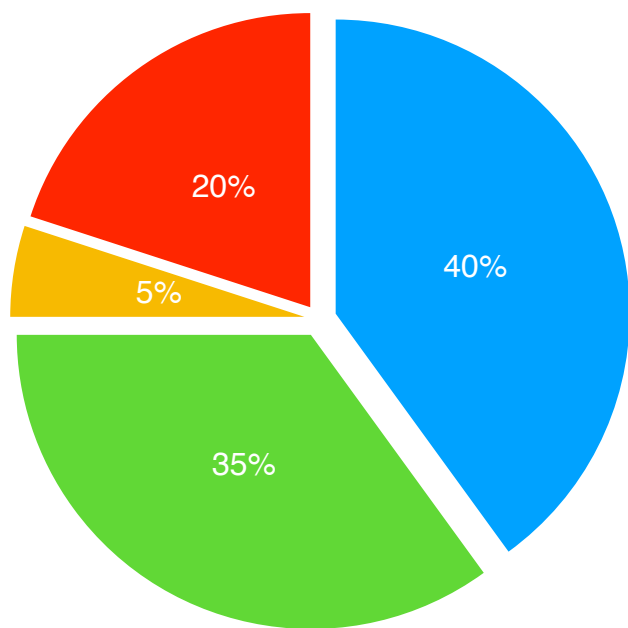


Comp Prep Group

■ fundamentals ■ skill/drill ■ clock management ■ kick



Fundamentals

- Streamlines
- Flip turns (Free and Back)
- Open turns (Breast and Fly)
- Starts
- Legal techniques of all 4 strokes
- Body awareness
- Body stability
- Kicking techniques
- Breathing and timing

Kicking

- Flutter kicking from hips
- Butterfly kicking using hips working both directions
- Breaststroke kick with legal feet position and knees in
- Drills teaching body stability by using legs not arms

Skill/Drill

- Stroke Specific drills designed to teach proper mechanics through repetition
- Body Position drills to work alignment and stability
- Sculling, gliding, and holding skills to develop better water awareness
- Drills and swims to help develop distance per stroke efficiencies

Clock Management

- Teaching and learning how to read a pace clock
- Learning what 5 and 10 seconds apart means
- Understanding the word “send off”
- Understanding what the terms “top” and “bottom” are
- Intro to swimming “repeats”
- Learning what a “set” is

Advancement Eligibility from Comp Prep to Bronze 1:

- Performs all strokes technically legal at appropriate lengths.
- Shows enjoyment in the sport.
- Correct Streamline position when leaving all walls.
- Flip Turns with proper technique (Correct arm movements, approach, and body position).
- Open Turns with proper technique (Head positions, arm returns, and body position).
- Achieving legal arm recovery on back and butterfly.
- Proper underwater pull pattern on freestyle.
- Performs starts off the blocks properly.
- Performs proper strokes during practice sets.
- Performs proper breaststroke pullouts that include all three phases.
- Has all required gear at practice each day.
- Has a water bottle at practice at all times.
- Follows the coach's direction on all swimming related activities.
- Meets FST's (5) standards for group advancement:
 1. Age (7-10)
 2. Commitment
 3. Ability (Times, Strokes, and Practice Performance)
 4. Maturity
 5. Coaches' discretion