

# Red Group

Swimmers are continuing to master freestyle and backstroke and are working on speed and legality in breaststroke and butterfly. They will be introduced to interval training and short sets. The largest emphasis in this group is stroke technique and fun! The Cudas offer five practices a week for red group. Each practice is at least 45 minutes of water time and is taught by a professional swim coach. It is encouraged that swimmers in this group commit to consistently making at least three workouts per week. Participation in monthly USA sanctioned swim meets (most occurring in the Denver Metro area) is encouraged, and red group swimmers also have the ability to compete in the monthly pizza meets at BCC.

**Age-** The age range for red group swimmers is 6-9 years old.

**Minimum requirements-** Red group swimmers should be able to complete a 100 yd. Freestyle, a legal 50 backstroke, and be proficient in Butterfly & Breaststroke. Swimmers will be encouraged to compete in at least 4 USA meets per season and in 80% of pizza meets.

**Group Size-** Red group ranges in size from 22-28 athletes per practice.

**Equipment:** The following pieces of equipment are required for red group:

- Goggles
- Practice swimsuit
- Cap for those with long hair
- Fins
- All other equipment used will be coach provided

## **Move Up Requirements**

1. All legal strokes
2. Performs all flip turns and “basics” (streamlines/ kick-outs/ alternate breathing)
3. Understanding of lane etiquette
4. Legal 100 IM in a Pizza or USA Meet
5. Attends 60% of practices
6. Completion of test sets