

White Group

Swimmers have begun to master the four complete strokes and are introduced to aerobic training in order to build a solid foundation for swimming at the Gray Group level. The largest emphasis in this group is still stroke technique and mechanics and fun! Front Range Barracudas offers five practices a week for white group. Each practice is an hour and a half 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 four workouts per week. Participation in monthly USA sanctioned swim meets (most occurring in the Denver Metro area) is encouraged. Championship meets for this group include Silver State, JO's and Zones.

Age- The age range for white group swimmers is 9-12 years old.

Minimum requirements- White group swimmers should be able to complete the following sets.

10 x 100 Free @ 1:50

8 x 100 IM @ 2:15

Group Size- White group ranges in size from 20-30 athletes per practice.
Equipment: is used to promote proper technique in different areas. Your coach will communicate which days equipment will be needed. The following pieces of equipment are used or introduced in gray group:

- ?1 Water bottle**
- ?2 Kickboards**
- ?3 Short Fins**
- ?4 Snorkels**
- ?5 Paddles (optional)**