

Black Group

Swimmers have begun to master the four competitive strokes, continue to focus on stroke development, and have more of an introduction to aerobic training. The largest emphasis in this group is stroke technique. It is encouraged that swimmers in this group commit to consistently making at least 4 workouts per week.

Practices- 6 pool practices a week for 1.75 to 2.00 hours.

Dryland- 2 x 30-minute dryland sessions per week with a certified trainer.

Mental and Nutritional Education- Monthly sessions with a certified and professional mental performance coach. Monthly nutrition informational sessions with a certified nutritionist.

Meets- Participation in monthly USA-sanctioned swim meets is expected. Championship meets for this group include Districts, State, Far Western's or Nasa and zones.

Age- The age range for Black group swimmers is 10-13 years old.

Minimum requirements- Black group swimmers should be able to complete the following sets, and meet the standards set forth in the CUDA group promotion philosophy.

10 X 100 Free on the 1:25

8 X 100 IM on the 1:35

Equipment: is used to promote proper technique in different areas and should be brought to practice daily. The following pieces of equipment are used or introduced in Black group:

- Water bottle
- Fins
- Goggles
- Practice suit
- Snorkel
- Paddles
- Coaches will provide any other equipment used