



## PreTeam Spring 2021

PreTeam is a non-competitive training group designed to prepare athletes to join the swim team. PreTeam practices twice a week with the Bronze Group for a nine-week season (Fall, Spring, & Summer). At the end of the season, some athletes may be invited to join the Bronze Group full time. Athletes who are not ready for the club team yet are welcome to sign up for another season with PreTeam.

PreTeam athletes are level 5 swimmers (see Swim School Levels). They can comfortably swim a full 25 yard lap of freestyle and backstroke, and have a strong breaststroke and butterfly kick. In PreTeam practices, we will continue to work on all four strokes to make them efficient and legal. They will also continue practicing blowing bubbles, breathing, and streamline. Additionally, swimmers will begin learning dives, backstroke starts, flip turns, and open turns.

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|--------------------------------------|--|-------------------|
| Monday & Wednesday<br>3:15 - 4:00 pm | <b>March 29 - May 28</b><br>Sign-up Opens: March 1 | \$250 per season* |
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***\*This is a seasonal group. When signing up, you must commit to the season as a whole. There are no makeups offered for this group.***

Please plan to arrive about 10-15 minutes before the start of practice. All TBAC Athletes perform a warm-up to swim routine before getting in the water. Athletes should wear athletic clothes over their suit and closed-toed athletic shoes for warm-up.

PreTeam swimmers need an athletic one-piece swimsuit, goggles, a towel, a water bottle, and a cap if they choose to wear one.

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**Registration available on our team website, under the 'Swim School' tab, starting Monday, March 1, 2021.**

[tbacbrandon.org](http://tbacbrandon.org)

**Contact Coach Nikki to schedule an evaluation for your athlete before signing up for PreTeam.**

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