



Iowa City Eels Swim Club

Frost

Group Description:

Aims to connect beginner skills to more efficient strokes by establishing a common “swimming vocabulary” and finding some stroke, drill, or activity that helps make training a fun experience! Most Frost swimmers range from ages 7 to 10. Under the guidance of the Head Age Group Coach, swimmers are expected to be actively involved in making these early connections via personal favorite strokes, competitive events, and practice activities. Standards of performance and the intensity of practices will increase over the course of the season.

Practices:

60 minutes long, beginning with 10+ minutes dryland & daily goals

3+ practices / week required; communicate with coach if playing multiple sports

Required equipment: goggles, swim cap

Meets:

- Swimmers will be introduced to the competitive events, age groups, and basics of the development path from Frost to Cubes. Frost are encouraged to participate in any meet open to the group, and should plan on participating in ICE home meets and any ISI Championship meets to give seasons urgency and a clear start and finish
- Skills can help smart swimmers get better, but athletes need more than technique to push themselves competitively. Frost are expected to begin familiarizing themselves with the purposes of meet warm ups and cool downs, foster genuine sportsmanship, and practice independence from coaches and parents during competition. Frost can expect questions like: “Do you have your ICE cap?” and, “Do you have your heat and lane written on your arm?”
- Frost race strictly within their age groups, and are mostly limited to 25, 50, and 100m/yd distances. Swimmers should aim to compete legally in all four strokes and the 100 IM consistently to begin the transition to Cubes training.
- Frost are expected to review their races with a supervising coach before and after every event they participate in, including those at the end of meet sessions.

*Final decisions regarding group placement are up to the head coach, without exception