



*This is a competitive training group aimed at developing advanced technical skills and a strong aerobic foundation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport. The training emphasis of this group is centered on continuing to develop strong technical skills in all four strokes, starts, turns and underwater work, as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season.*

#### **Evaluation Guidelines**

Only swimmers ages 8-11 will be evaluated for the Blue Jr.1 group. Swimmers who will turn 8 within 2 months of the evaluation date may be evaluated at the discretion of the coaching staff.

#### **Requirements to enter the Blue Jr.1 Group**

To be considered for placement into Blue Jr.1, swimmers must first be able to complete the *goals of the White Group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 5 x 50 Free with flip-turns on 1:20 (SCY)
- 4 x 50 Choice Kick on 1:40 (SCY)
- 6 x 25 on :45 (SCY) – 2 Butterfly, 2 Backstroke, 2 Breaststroke
- Swimmers moving up from the White Group must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 50 Freestyle, 50 Backstroke, 25 or 50 Butterfly, 25 or 50 Breaststroke, and 100 Individual Medley
- Swimmers new to the team who are placed in the Blue Jr1 Group must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 50 Freestyle, 50 Backstroke, 25 or 50 Butterfly, 25 or 50 Breaststroke, and 100 Individual Medley

#### **Practice Attendance**

For regular improvement, swimmers are strongly encouraged to attend 3 - 4 practices per week.

#### **Meet Attendance**

Swimmers are expected to participate in at least 3 YMCA meets during the winter season, as well as the highest level YMCA championship meet they are qualified for at the end of each season.

#### **Goals of the Blue Jr.1 Group**

By the time swimmers move out of the Blue Jr.1 group they should be able to complete all of the following:

- Achieve an Iowa YMCA State Qualifying time standard in at least 2 different strokes
- Demonstrate a mastery of the track start and backstroke start
- Demonstrate consistency in going at least 7 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Achieve a legal time in the following events in either a YMCA or USA Swimming competition – 100 Freestyle, 100 Backstroke, 50 or 100 Breaststroke, 50 Butterfly, 100 Individual Medley, 200 Freestyle
- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate consistent practice attendance (3 out of 4 practices per week)