



*This is an entry-level developmental group where the focus is placed on ensuring that athletes are having fun, forming strong team bonds, developing strong fundamental skills in all four competitive strokes, building a great kicking foundation, and learning the basics of strong racing skills.*

**Evaluation Guidelines**

Only swimmers ages 6-9 will be evaluated for the White group.

**Requirements to enter White Group**

Swimmers must be able to complete each of the following:

- Swim 25 yards of continuous freestyle demonstrating a basic concept of rotary breathing and good balance in the water
- Swim 25 yards of continuous backstroke demonstrating good balance in the water
- Swim 25 yards of breaststroke or Butterfly
- Perform 50 yards of strong flutter kick with or without a kickboard

**Practice Attendance**

For regular improvement, swimmers are strongly encouraged to attend a minimum of 2 - 3 practices per week.

**Meet Attendance**

Swimmers are encouraged to attend at least 3 YMCA meets throughout the season.

**Goals of the White group**

By the time swimmers move out of the White group they should be able to complete all of the following:

- Understand and demonstrate the YMCA's 4 core character values
- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate a strong technical understanding of all four competitive strokes and turns
- Demonstrate a strong technical understanding of forward and backward racing starts
- Demonstrate a strong understanding of legal turns in all 4 competitive strokes and I.M.
- Demonstrate consistency in going at least 5 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate an ability to read the pace clock and understand basic intervals
- Achieve a legal time in the following events in either a YMCA or USA Swimming competition – 50 freestyle, 50 backstroke, 25 or 50 breaststroke, 25 or 50 butterfly, 100 individual medley

*Swimmers ages 11 and older that have not successfully demonstrated all of the goals of the White group should enroll in either the YMCA Development Program, Stroke Clinic, or Swim Lesson program.*