**Group 2**

**Requirements to enter Group 2:**

Understand and demonstrate the YMCA’s core values

Knowledge all of four strokes

Demonstrate proficiency in streamlines

Have a good understanding of lane etiquette\*

Swim a continuous 100 free without stopping

Kick a continuous 100 free without stopping

Swim 100 IM without stopping

Demonstrate the knowledge of basic terminology from group 1 goals

**Meet Requirements:**

There are no meet requirements for this group, but swimmers are highly encouraged to swim a five events at all home meets.

**Practice Requirements:**

There are no practice requirements for this group, but 2 days a week is satisfactory.

**Equipment Requirements:**

None. The YMCA will provide a kick board and pull buoy for participants when needed.

**Group 2 goals:**

Learn how to apply the YMCA’s core values

Start to develop better conditioning and continuous swimming

Lengthen underwater off walls

Demonstrate a strong understanding of all four strokes

Demonstrate a strong understanding of the forward and backstroke start

Learn legal turns and finishes in all 4 strokes

Demonstrate knowledge of a legal breaststroke pullout

Establish a legal times in all four strokes in the short distances plus the IM or the next distance freestyle in the appropriate age group

Participate in Jr Districts

Learn basic clock reading skills like :00 and :30 etc

Know more terminology like: Heat Sheet, Bullpen, DQ (disqualification), events, false start, Pace Clock, Referee, Warm Down, Touch pad,