**Group 3**

**Practice criteria:**

Swim 300 yards of without stopping such as 100 S,K,IM

Swim 200 IM without stopping

Demonstrate good knowledge of proper lane etiquette\*

Swim 8 x 50 free on 1:10 with flip turns

Swim 4 x 100 IM on 2:30

Demonstrate ability to kick 5 yards underwater off most walls

Attend 2 home meets (not required, but highly suggested)

**Meet Requirements:**

There are no meet requirements for this group, but you will need to establish legal times in 5 events before moving to the next group

**Practice Requirements:**

There are no practice requirements for this group, but this is an excellent opportunity to start building the base and practice habits. 2 days a week is ok, but 3-4 will produce better results.

**Equipment Requirements:**

By this time we want our swimmers to have some of their own equipment. Kickboard, pull buoy, fins and a mesh bag.

**Group 3 goals:**

Continue building a strong base and good practice habits

Emphasize that hard work=fun!

Demonstrate strong technical understanding of each stroke, the IM, turns and starts

All walls should be streamlined

Show more consistency with 5 yards of underwater kick off each wall.

Ability to read a pace clock with :00, :15, :30, :45

Attend all home and 1 away meet

Participate in the short course championship season (Jr Districts, Districts, Regionals or State etc.)

Learn more terminology like: lap counters, prelims, finals, Long Course, paddles, Age Groups Champs, scratch, splits, Stroke Judge, timed finals, USA Swimming,