

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,