**Group 4**

**Requirements to enter group 4:**

8 x 50 free on :50

8 x 100 free on 1:40

6 x 100 IM on 2:15

Swim, kick or pull a continuous 600

Complete a 10 min swim

Establish a legal time in 50s of all strokes, 100 free, 100 IM and either 200 free or IM

**Meet Requirements:**

All group 4 participants are highly encouraged to participate in all of our competitions. Home and away meets provide excellent opportunities for advanced competition experiences.

**Practice Requirements:**

You are asked to participate in at least 2 practices a week, but this is just a recommendation. At this level 3-5 practices a week are going to produce the best results.

**Equipment Requirements:**

Everyone in this group must have a mesh bag with: kickboard, pull buoy, fins and small paddles

**Group 4 goals:**

Develop long term love for the sport

Establishing great work ethic

Continue to build a strong aerobic base

Prepare swimmers for high levels of championship meets

Participate in any season ending championship meets in which you qualify

Basic dryland exercises

Proper nutrition

Basic mental skills

Basic goal setting