Swim Team Levels



Requirements to join team/White Group:

* Must be able to swim 25 yards unassisted without stopping using freestyle and backstroke.
* Needs to be comfortable in water and in the deep end.
* Have the ability/maturity to learn and pay attention.
* Will need to have their own goggles, kick board, flippers and pull buoy.

Requirements to advance to Purple Group:

* Must swim with face in the water.
* Have good rotational breathing while performing the freestyle stroke.
* Must know freestyle and backstroke well and attempting breast stroke and butterfly.
* Know how to dive into the pool either off the edge or off the blocks.
* Working on flip turns and starts.
* Will need to have their own goggles, kick board, flippers and pull buoy.
* Working on how to read the pace clock

Requirements to advance to Red Group:

* **Has to swim a 5X100 freestyle from a push start in 2:45(2 minutes 45 seconds)**
* Must be able to perform flip turns and starts off of the blocks
* Must be able to perform all 4 strokes (freestyle, backstroke, breaststroke and butterfly) and be able to swim a 50 using each stroke.
* Should be able to legally swim 3 of the 4 strokes
* Must be able to repeat intervals with limited supervision
* Must know how to read the pace clock.
* Have good streamlines.
* Will need to have their own goggles, kick board, flippers, pull buoy and hand paddles.

Requirements to advance to Blue Group:

* **Has to swim a 5 X 100 Freestyle from a push start in 1:45 (1 minute 45 seconds)**
* Must be able to swim all 4 strokes well.
* Should be able to legally swim all 4 strokes.
* Must be a self-starter and be able to complete workouts with limited supervision.
* Will need to have their own goggles, kick board, flippers, pull buoy, hand paddles and snorkel