



Age Group 3



The second phase of the Age Group progression builds on the first phase. Age Group 3 swimmers may already have competitive swimming experience. The emphasis for the group is stroke development and refining of skills in a positive and fun environment. Seasonal fees are charged for swimmers in this group and are a commitment for the entire season. Training principles are introduced and regular participation in USA Swimming meets is encouraged.

- **Eligibility requirements:**
 - Swimmers age 10 & under, age 11-12 if new to the sport
 - Ability to swim all four strokes and legal 100 IM

- **About the group:**
 - Kicking sets (including dolphin kicking) will receive greater emphasis. Breathing skills/technique in all strokes are stressed (bilateral breathing, etc.). Starts and turns will be part of the weekly plan.
 - Workouts: 5 x 1.25 hours/week offered
 - Major Goals: Basic use of the pace clock, leaving at intervals, when to start your next swim, etc. Improving turns will be stressed: use of the dolphin kick, underwater pull in breaststroke, backstroke dolphin, etc. Develop good IM swimming. Swimmers will be taught their best times and to swim for personal improvement.
 - Swimmers must adhere to the designated meets prescribed by the coaching staff and follow the plan targeting success for the swimmer and the team.