



Age Group 4



This group is the first step in the Age Group progression. It is for swimmers who know all four strokes but are new to competitive swimming. Seasonal fees are charged for swimmers in this group and are a commitment for the entire season. We ask swimmers in this group to attend local meets. This group is also all about keeping it fun!

- **Eligibility requirements:**
 - Ability to swim all 4 competitive strokes.
 - Swimmers must demonstrate the desire to improve.

- **About the group:**
 - Emphasis on stroke & skill development, along with instruction of competitive swimming rules. Kicking, breathing patterns and starts introduced.
 - Workouts: 5 x 1 hours/week offered
 - Major Goals: Legal 100 IM. Basic use of pace clock: 5-sec. intervals, etc. Develop legal turns in all strokes.
 - Swimmers must adhere to the designated meets prescribed by the coaching staff and follow the plan targeting success for the swimmer and the team.