



AGE GROUP PREP

NEW SWIMMERS 9-13

The coaching staff has the final decision for all group assignments and retains the discretion to move (or not move) swimmers based upon their judgment and/or factors not listed.

OVERVIEW

Ages	9-13 at time of registration
Description	This group will focus on the fundamentals of team swimming. Including push offs, circle swimming, and using the pace clock. Competitive starts and turns will be taught. Participants will work toward proficiency in all four strokes.
Skills Required	Freestyle and Backstroke proficiency for 25 yards Prone position/forward momentum when breathing
Practices	2 per week recommended
Meets	Recommended by the coach, as individual skills permit
Equipment Needed	Swimsuit, towel, goggles, swim fins (one complementary pair of fins provided)
LEAD COACH	
Sarah Nelson	Email: sarah_swims.foxjet@outlook.com