



RED GROUP 1

NEW 8/UNDERS WITH SOME SKILLS

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	8 & Under - Age is determined by the age of the swimmer on the first day of season-ending championship meet
Skills Required	Freestyle and Backstroke proficiency for 25 yards Prone position/forward momentum when breathing
Practices	2 per week recommended
Meets	All Bronze meets recommended, plus other meets as coach recommends
Equipment Needed	Swimsuit, towel, goggles, swim fins (one complementary pair of fins provided)

LEAD COACH

Steve Nelson	Email: steven_swims.foxjet@outlook.com
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