



RED GROUP 3

8/UNDERS WITH HIGHLY ADVANCED 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	Proficient in all four competitive strokes for 50 yards. Proficient in starting block dives, and all turns.
Practices	3-4 per week recommended
Meets	All meets recommended as qualified
Equipment Needed	Swimsuit, towel, goggles, swim fins (one complementary pair of fins provided)

LEAD COACH

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