

Practice for the Reef Sharks is comprised of swimmers age 9 - 10. Emphasis in the group is on building a quality stroke, turn and start, which will lead to fast swimming and successes. Effective training with the use of proper technique will be a major focus of the group.

- **General Swimmer Expectations**
 - To act with the utmost integrity at all times, both in the pool and out
 - To have a coach-swimmer relationships based on implicit trust and mutual respect
 - To place the team first at all times
- **Practice Requirements**
 - Reef Sharks swimmers are expected to maintain a minimum attendance of 65%
 - Reef Sharks swimmers will have 4 swim practices per week.
 - Swimmers will be placed in the Reef Group based on technique & ability
- **Training**
 - Workouts will have an overriding emphasis on technique.
 - Development is across all strokes
 - We recognize each swimmer's potential and work together to develop them.
- **Technique**
 - We strive to develop all four strokes, starts, turns, and underwater technique, so that technical efficiency creates a competitive advantage
 - Swimmers are taught drill progressions in all strokes
- **Group Movement**
 - A swimmer may be moved to another group at the end of the season based on ability, swimming technique, practice habits and race speed.

Meet Requirements:

- Swimmers must attend three dual meets. Swimmers usually swim two events and a relay, dual meets last approximately two hours.
- Swimmers are expected to attend invitational meets. Invitational meets are travel meets typically held on weekends at pools approximately one hour away. Swimmers usually compete in three events per day against swimmers in their age group. Parents are responsible for transportation.
- Swimmers are expected to attend both YMCA and USA swimming end of the year championship meets. At these travel meets the swimmers typically compete in two or three events per day against swimmers in their age group. They may also participate in relays and compete for an overall team score. There are qualifying times and eligibility requirements for these meets. Parents are responsible for transportation.

Skill Goals:

- Legal 100IM
- 6 beat kick for freestyle / 6 beat kick for backstroke
- Streamlines off every wall
- Legal Breaststroke & Fly
- Ability to breath on both sides in freestyle
- Racing dive and backstroke start with streamline
- Legal turns in all four strokes

Practice Goals:

- Streamlines off every wall
- Alternate breathing-always
- Able to use the pace clock
- Learn the core values of the YMCA: Honesty, Caring, Respect and Responsibility
- **Have fun!**

Meet Goals:

- Obtain an official time in the 50 free, back, breast and fly
- Obtain an official time in the 100IM
- **Have fun!**