

SWIM TEAM PRACTICES

Practice begins on the first weekday in April and continues Monday through Friday through the Comstock Conference Championships Meet weekend in July. **Swimmers that qualify for Meet of Champs have the Option to Continue Through the First Week of August**

- The Swim Season consists of 2 different practice times families need to be aware of:
 - Practices Prior to Summer Break: After School - Afternoons and early evenings
 - Summer Break Practices: Summer Break - Mornings into early afternoon.

There will be an evening practice available to some swimmers. Attendance must be approved by the coaching staff & should not be seen as a season long alternative to morning swim practice.

- Practice Schedules will be posted on the JRSC Website. Practices will be held by levels based on swimmer's ability as outlined below.

LEVELS

Level 1/1A Group

Ages 7 & Under

Level 1/1A swimmers are ages 4-7. Swimmers will learn the fundamentals of streamline kicking, freestyle, and backstroke. They are introduced to dolphin kick. Level 1/1A swimmers focus on learning correct side-breathing freestyle and correct, efficient backstroke.

Entry-level expectations for Pre-Bronze swimmers:

- Water safe.
- Able to swim 12.5 yards of Freestyle without holding on to the wall or walking on the bottom of the pool.
- Able to float on back unassisted for at least 10 seconds.
- Able to pay attention to their coach and not distract others in the group.

Level 2 Group

Ages 7-10

Level 2 swimmers focus on stroke technique, body position, and kicking to set themselves up for future success. Level 2 swimmers have not yet mastered the basic rhythm of all 4 strokes but are proficient in Freestyle and Backstroke. They learn the fundamentals of each stroke as the season progresses (streamlined underwater kick, butterfly, backstroke, breaststroke, and freestyle), flip turns and begin learning how to use a pace clock. Entry-level expectations for Level 2 swimmers:

- Able to swim multiple 25-yard laps of freestyle unassisted.
- Able to swim multiple 25-yard laps of backstroke unassisted.
- Able to push and glide off walls.
- Able to comprehend instruction from a Coach in a group setting.

Level 3 Group

Ages 8 - 12 years

Level 3 swimmers will still focus on stroke technique, body position, and kicking while building endurance to set themselves up for future success. Level 3 swimmers have mastered the basic rhythm of 3 of the 4 strokes and very close to mastering the 4th stroke. Working to perfect the flip turn and legal IM turns. Be able to read a pace clock and follow coaches' instructions. Entry-level expectations for Level 3 swimmers:

- Begin each lap from the ready position.
- Be legal in at least 3 strokes.
- Able to streamline and do the proper kicks off every wall.
- Able to complete the following set:
 - 4 x 50s freestyle @ 1:10
 - 8 x 25 freestyle @ :40
 - 4 x 25s scull @ 1:00
 - 6 x 25 kick @ :45

Level 4 Group

Ages 10 – 13 years

The Level 4 group continues the gradual building of workout intensity as swimmers progress. Swimmers maintain focus on stroke technique, body position, and kicking to set them up for future success. Entry-level expectations for Level 4 swimmers:

- Begin each lap from the ready position.
- Be legal in all 4 strokes
- Able to streamline and do the proper kicks off every wall.
- Reads pace clock (basic intervals)
- Can perform legal turns consistently
- Able to complete the following set:
 - 6 x 50s freestyle @ 1:00
 - 8 x 25 freestyle @ :30
 - 4 x 25s scull @ :45
 - 6 x 25 kick @ :35

Level 5 Group

Ages 12 – 14 years

The Level 5 group continues the gradual building of workout intensity as swimmers progress. Swimmers maintain focus on stroke technique, body position, and kicking to set them up for future success. Entry-level expectations for Level 5 swimmers:

- Begin each lap from the ready position.
- Be legal in all 4 strokes
- Able to streamline and do the proper kicks off every wall.
- Reads pace clock (basic intervals)
- Can perform legal turns consistently
- Able to complete the following set:
 - 6 x 50s freestyle @ :55
 - 8 x 25 freestyle @ :25
 - 4 x 25s scull @ :40
 - 8 x 25 kick @ :30

Level 6 Group (High School)

Ages 14 – 18 years

The Level 6 group continues the gradual building of workout intensity as swimmers progress. Swimmers maintain focus on stroke technique, body position, and kicking to set them up for future success. This group has the same list of expectations as Level 5, but will only consist of High Schoolers. Entry-level expectations for Level 6 swimmers:

- Begin each lap from the ready position.
- Be legal in all 4 strokes
- Able to streamline and do the proper kicks off every wall.
- Reads pace clock (basic intervals)
- Can perform legal turns consistently
- Able to complete the following set:
 - 6 x 50s freestyle @ :55
 - 8 x 25 freestyle @ :25
 - 4 x 25s scull @ :40
 - 8 x 25 kick @ :30

- Swimmers should arrive ready for practice at least ten (10) minutes before their scheduled practice times. Coaches will go over practice plans, meet preparation, and other info at this time. Your swimmer will miss important details if they do not come on time.

- With some practice over-lap, it is important that swimmers arrive on-time to maximize their time in the water as well as exit the pool efficiently at the end of practice.

SPA RULES

- Children under the age of 5 MAY NOT use the spa at any time.
- Swimmers under the age of 14 may only use the spa under Parent or Guardian Supervision.
- Swimmers are only allowed to use the spa AFTER practice if they are age appropriate and supervised.
- ***Coaches are NOT responsible for kids before their practice time begins nor after it ends***

- Practices are typically only canceled in the event of lightning or imbalanced pool chemicals. Cold weather, hail, wind, or rain are not grounds to cancel practice.

- Parents and/or Guardians are allowed on the pool deck to observe practice. They are asked to please not speak to any of the coaches while practices are running.
 - Any quick questions or comments can be brought up on deck between practices within reason or after all practices are concluded. Otherwise, questions, comments, and concerns should be emailed to the Head Coach or the Team Board.