SUSA Summer Team – Group Descriptions 2018

PLEASE NOTE THAT NOT ALL GROUPS WILL BE OFFERED AT ALL LOCATIONS AT ALL TIMES.

**Group Names (see descriptions below)**

* **Group D/Tadpoles – 10 & Under Beginners**
* **Group C – 11 & Over Beginners, 10 & Under Intermediate**
* **Group B – 11 & Over Intermediate, 10 & Under Advanced**
* **Group A – 11 & Over Advanced**
* **Group HS- Dev – 13 & Over, preparing for High School teams**

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| Group Name\*: | 10&Under Beginners **(Tadpoles or D Group)** |
| Description: | **Tryout required** – see website for times/dates. This group is for younger swimmers who have little or no experience with competitive swim training. Swimmers must be able to complete at least one length of the pool swimming on their stomach (face in) and one length on their back. |

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| Group Name: | 10&Under Intermediate **(Group C)** |
| Description: | **Tryout required** – see website for times/dates. This group is designed for younger swimmers who have some experience on swim team or advanced/intermediate swimming lessons. Swimmers must be able to swim one length of Freestyle with side-breathing, one length on their back and should be able to dive from the side of the pool. |

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| Group Name: | 10&Under Advanced **(Group B)** |
|  | **Tryout required** – see website for times/dates. This group is for younger swimmers who typically have +2 years of (summer) swim team experience or who swim in the Royals/Bronze groups of the year-round team. Swimmers need to demonstrate 50 yards each of (good technique) Freestyle with side-breathing and Backstroke, 25 yards of Breaststroke and Fly (showing *some* knowledge of the stroke). They should be able to safely dive from the starting block and perform somersaults/flip turns in the pool. |

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| Group Name: | 11&Over Beginner **(Group C)** |
| Description: | This group is for older swimmers who have little or no experience with competitive swim training. Swimmers must be able to complete at least one length of the pool swimming on their stomach (face in) and one length on their back. ***Tryout encouraged*** – see website for times/dates. |

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| Group Name: | 11&Over Intermediate **(Group B)** |
| Description: | This group is designed for older swimmers who have some experience on swim team or advanced/intermediate swimming lessons. Swimmers must be able to swim one length of Freestyle with side-breathing, one length on their back and should be able to dive from the side of the pool. No tryout required. |

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| Group Name: | 11&Over Advanced **(Group A)** |
| Description: | This group is for older swimmers who typically have +2 years of (summer) swim team experience or who swim in the Royals/Bronze groups of the year-round team. Swimmers need to demonstrate 50 yards each of (good technique) Freestyle with side-breathing and Backstroke, 25 yards of Breaststroke and Fly (showing *some* knowledge of the stroke). They should be able to safely dive from the starting block and perform somersaults/flip turns in the pool. No tryout required. |

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| Group Name: | High School Training Group **(Group HS-Dev)** |
| Description: | This group is designed to teach swimmers who want to try out for their high school swim teams (in October). Focus will be on body position, breathing, kicking and propulsion, as well as racing starts and turns. Swimmers must be able to swim one length of the pool any stroke (face in except when breathing). |