



Aquazot Azot 1 Group Information

Please visit Aquazot.org for additional information and click on “New Member Registration” on the homepage to register your swimmer(s).

Swimmers will be assessed for all programs to place them into an appropriate group based on skill level and age. See below for group transition guidelines

Swimmer age: 9-12 years old

Description

The Azot 1 group is designed as an introductory step to develop basic competencies in the foundations of competitive swimming and all 4 strokes.

Minimum Criteria

The Azot 1 group is designed for the “intermediate and advanced beginner” swimmer who has graduated from a swim lesson program, or has some summer league swimming experience. They must be able to swim and complete a 25yard length of freestyle unassisted to qualify for this group.

Swimmers who cannot swim one length of freestyle unassisted are encouraged to take additional swim lessons before trying out for this group

Azot 1 Goals & Expectations

This stage is heavily dedicated to establishing strong technical foundations in all 4 strokes and developing awareness for events at races and swim meets. This group will work on:

- Streamlining/Turns/Dives
- Drills for every stroke
- Sculling
- Use of Equipment: Kickboard, short fins
- Reading the pace clock and practicing interval swimming
- Swimming at different effort & speed levels
- About 1 hour of swimming per practice

Practices Per Week

- Offered: 5
- Expected attendance: 3-5 practices/week

Training Location(s) & Schedule:

- Woodbridge High School 5:30-6:30pm (Monday thru Friday)

Required equipment and apparel:

- AZOT Team Swimsuit, Cap, Shirt, and Sweatshirt for swim meets
- Goggles (Extra pair of goggles, and cap recommended)
- Kickboard
- Short 'zoomer' style Fins

***We recommend keeping all equipment in a mesh bag