



Aquazot Azot 3 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 1/2 - 12 years old

Description:

The Azot 3 group is designed for advanced swimmers who have graduated from our Azot 2 group. Azot 3 level swimmers have met the minimum group criteria and are expected to attend a minimum of 5 practices per week of the 6 offered, in order to ensure they attain the goals of this stage (see below).

This stage involves a genuine interest and commitment to competitive swimming success from both parents and their swimmer(s).

Minimum Criteria:

The Azot 3 group is designed for swimmers who have attained the minimum requirements of very good competitive swimming technique for each stroke, which include the “JAG” time standard level for their age, proficiencies in streamlines, turns, starts, “Azot 2” level drills, sculling, equipment use, and interval swimming.

Azot 3 Goals & Expectations

This stage is heavily dedicated to establishing strong technical foundations in all 4 strokes and a competitive mindset for the long run, including:

- Flexibility/range of motion, & core stability
- Very good technical proficiency in all 4 strokes (not 2 or 3, ALL 4)
- Energy Management/Awareness (Pacing and being able to judge effort and speed)
- Racing Preparation & Strategy
- Attend all the swim meets on Aquazot meet schedule
- Sportsmanship/Team Dedication
- Goal Setting
- FUN!!!

Practices Per Week

- Available: 6
- Dryland sessions: 2-3
- Expected attendance: 5-6 practices

Training Location(s) & Schedule:

- Woodbridge High School 4:40-6:30pm (Monday, Wednesday)
- Woodbridge High School 5:10-6:30pm (Tuesday, Thursday, Friday)
- Woodbridge High School 9:30-11:00am (Saturday)

Required Equipment

- AZOT Team Swimsuit, Cap, T-Shirt, and Team Warm-ups for meets
- Goggles (Extra pair of goggles, and cap recommended)
- Kickboard
- Pullbuoy & Paddles
- Short Fins ('Zoomer' style)
- Water bottle

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