



Junior

Lead Coach Grace Ekrenoff/Kevin Chester

Ages 9-12 (13 with coach recommendation)

Practices

Practices offered 6 seven days a week. Dryland will be offered two days a week.

Attendance and Requirements

Swimmers are expected to attend at least 3.5 practices per week.

Able to swim at least a 100 of all four competitive strokes as well as a 200 IM.

Attend at least two in-season meets as well as one focus/championship meet each competition (2 cycles per year).

Attend group and team socials, events, community service projects and fundraisers.

Intervals for Group

10x100 free	2:00 or faster
6x200 IM	4:00 or faster
8x100 kick	2:20 or faster

Equipment Required

Gearbag, Fins, pull buoy, water bottle, kickboard

Equipment Recommended

Front mount snorkel