



Novice Group



Novice Group is the first competitive group in our developmental track. This group prepares swimmers to succeed at the competitive level. Coming into the group, swimmers should have the ability to swim Freestyle and Backstroke, as well as some knowledge of Breaststroke. Swimmers should have a basic understanding of flip turns, open turns, and streamlines, even if they have not yet mastered using them regularly. By the end of their time in Novice, swimmers will have a much greater grasp on Breaststroke, Freestyle, and Backstroke as well as gaining the ability to swim Butterfly legally.

Required Equipment:

- Goggles
- Swimsuit
- Cap
- Kickboard
- Pull buoy
- Fins
- Water bottle

NORMAL PRACTICE SCHEDULE 8/16/21 – 12/17/21				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 – 5:30PM	4:30 – 5:30PM	4:30 – 5:30PM	4:30 – 5:30PM	4:30 – 5:30PM

* Schedules are subject to change based on pool availability. Please consult the team calendar and weekly newsletter for the most up-to-date schedule.

Group Goal:

Novice group is designed to provide opportunities for kids to grow in their knowledge and ability as swimmers. This group is a fundamental steppingstone of becoming a competitive swimmer. Novice group members are encouraged to attend as many meets as possible, with the minimum goal of all home meets.

Practice Expectations:

Novice Athletes are expected to maintain above 55% attendance throughout the season. They will be learning many of our dryland warmup drills focused on flexibility, coordination, and mobility. With the increased focus out of the water, timeliness will be crucial to athlete success.

Required Meets:

Belton Fall Classic (11/12/21 – 11/14/21)

Arena Southern Slam (1/7/22 – 1/9/22)