



# PRE-TEAM



Pre-Team is our beginner group. These athletes should come to the group capable of swimming backstroke and freestyle as well as attempting a flip-turn. In this group they will work on core-connectivity.

**Required Equipment:**

- Goggles
- Swimsuit
- Cap

**Optional Equipment:**

- Kickboard
- Pull buoy
- Fins

NORMAL PRACTICE SCHEDULE 8/16/21 – 12/17/21				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:45 – 4:30 PM		3:45 – 4:30 PM	3:45 – 4:30 PM	

\* 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:**

Pre-Team is designed to be fun and engaging for our team members. We do this with the expressed goal of getting all pre-team swimmers ready to be a part of the competitive team. To do this we focus heavily on technique, building fundamentally sound swimmers who will be able to excel in our developmental groups.

**Practice Expectations:**

Pre-Team Members are expected to attend practice as often as possible and come ready to swim. We believe fun swimming is fast swimming and athletes who come with a growth mindset will be the most successful people in the pool.

Pre-Team is not required to attend meets as they are not yet members of the USA Swim Team.