

STAT Fit

If you're a High School Athlete and you are looking for an athletic activity with low time commitment, the STAT Fit Group is the right program for you! All Swimmers in the STAT Fit Group must be able to swim 200 yards without stopping of freestyle, 100 yards without stopping of backstroke and breaststroke, and 50 yards of butterfly.

Group Philosophy:

The STAT Fit program is a group comprised of swimmers 13-years-old and older, seeking a coached swim workout with some stroke technique. STAT Fit swimmers are not seeking a competitive experience, but remain passionate about the sport of swimming. This is a non-competitive training group, without requirements for mandatory attendance at practices or swim meets. Swimmers in this group may or may not be interested in joining their respective high school swim teams. Other STAT Fit swimmers might hope to maintain fitness by swimming regularly, as they may or may not play another sport, or take part in vigorous class schedule.

The STAT Fit will have no obligation to compete. We hope that the STAT Fit Group will provide the opportunity for its swimmers to maintain their fitness, increase their knowledge of the sport, and prepare them for participating with their respective high school teams if desired.

Attendance Expectations:

- Practices offered 3x per week
- 60-minute practice duration, 4pm-5pm, Mon, Wed and Non-Meet Fridays
- No attendance requirement

Competition Expectations:

- Swimmers are not required to attend swim meets.

Required Equipment:

- Swimmers can use STAT equipment such as kickboards and pull buoys.
- Swimmers should purchase their own fins
- Swimmers should bring goggles and a drink to the workout

Group Requirements:

- 13-year-olds and older
- Ability to complete swim sets of 500-1000 yards, but on a modest interval that works for the lane
- Ability to complete 2000 yards during an hour-long workout
- Ability to read the pace clock and do send-offs on intervals
- Ability to swim all four strokes and complete flip turns for freestyle and backstroke

Cost: \$1350/year or \$675/half year