

SUPER SQUAD: (Coaches: Eric Holden/ Asst. Age Group Coach TBD)

Description:

Swimmers in Super Squad have four (4) one-hour practice sessions per week, plus two (2) additional dryland sessions focusing on flexibility, body awareness and coordination. Practice attendance is not required for this group, but it is recommended that swimmers attend at least two out of the four practices each week. Super Squad swimmers will continue to learn the proper stroke technique of all four competitive strokes, streamlines, racing starts and turns, how to use the pace clock and the rules for competition. Swimmers will compete in Meets as designated by the 12/Under Meet Schedule, including USA Swimming Invitationals, CT YMCA State Championship Meet, CT Regionals and CT Age Groups for those who qualify. Swimmers new to the program must be evaluated by a member of the coaching staff prior to enrollment.

Prerequisites:

- Demonstrate the ability to perform 50 Yards/Meters of all four competitive strokes with reasonable and legal proficiency
- Demonstrate the ability to perform 100 Yards/Meters of 2 of the 4 competitive strokes and the 100 IM with reasonable and legal proficiency
- Must be strong enough to handle 1 hour of training
- Must be able to focus for 1 hour of continuous learning
- Understand and demonstrate the YMCA's 4 core character values of CARING- RESPECT- HONESTY- RESPONSIBILITY