



Age Group Black

Coach: Erin

Requirements:

Swimmers in this group are between the ages of 6-11 and have advanced from the Olympic Way Group or have previous experience on another swim team. Swimmers in this group will be oriented to the world of competitive swimming through emphasis of drills and the proper stroke technique for all four strokes. Swimmers in this group are encouraged to attend practices at least 3 times a week and are also encouraged to attend at least one swim meet per month.

Training & Yardage:

1 Hour/3 days a week, 1,000-,2000 yards consisting mostly of skill work and drills

Basic Goals:

- Learn proper swimming technique versus swimming fast or winning(proper technique as well as gaining strength and building endurance will eventually lead to faster swimming)
- Develop a sense of team work as well as team spirit and pride
- Learn basic workout etiquette including reading workouts written on a white board and basic usage of pace clocks
- Improvement of swimming mechanics necessary to compete through work on strokes, kicking technique and strength, legal turns and starts
- Gain experience competing in USA Swimming Meets
- Begin setting attainable short-term and long-term goals with the help of the coach and parents

Equipment:

Fins*, Kickboard*, Water bottle(optional), Duke Team Suit and Cap, Goggles,

*Provided by Duke City Aquatics but swimmers may also purchase their own