

## Technique and Fitness

Purpose of the Group: Discover and Learn about Swim Team

Target Age Group: 14 & Unders

Minimum Skills to Enter Group: Each swimmer must be able to swim across the deep end comfortably to enter Technique and Fitness.

Training Emphasis: 80% Technique Work/20% Training & Conditioning.

Training Attendance: There are 3 one hour practices available each week. Coaches recommend attendance at least twice a week to develop their skills.

Meet Attendance: Technique and Fitness will have a Mock Meet/Time Trial on the final practice of each six week session to show off the skills they have learned during the session. Competing in USA Swimming meets are not required for this group.

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## Equipment for Group

Swim Cap (for those with hair at their shoulders or longer)

Competition Swim Goggles

Water Bottle (Filled with Water)

Long Blade Fins (Optional Purchase)

## Objectives for Group

Introduce and Teach the 4 Competitive Strokes of Swimming through drill progressions!

Introduce and Complete the USA Swimming Racing Start Progression - Diving and Backstroke starts!

Introduce and Teach the importance of streamline position, underwater kicking, and racing turns!

Introduce and Teach Swim Practice Etiquette/Expectations

How to Swim Circles while sharing a lane      Teach Championship Behavior/Accountability

When to Leave to Start a Swim                      Encourage Work Ethic/Self-Discipline Daily

How to Use a Pace Clock to get times              Learn Commitment and Next Level of Swimming

Introduce Racing Skills into Practice and Prepare for the End of Session Time Trial Meet

## Training Sets for Advancement to Age Group 1

Perform a 5 minute continuous swim

6 x 50 Freestyle Swim @ 1:30

6 x 50 Backstroke Swim @ 1:30

6 x 25 Breaststroke Kick @ 1:00

6 x 25 Butterfly Kick @ 1:00

6 x 50 Choice Stroke Kick @ 1:30