

# Guppies

## Carson Tigersharks League Swim Curriculum

The Carson Junior League swim team is a dynamic and supportive program designed specifically for young swimmers—typically ages 10 and under—who are ready to take the next step from swim lessons and into the world of competitive swimming. This program serves as a bridge, helping swimmers build confidence and competence as they transition into more structured training. Emphasis is placed on developing legal and efficient technique in all four competitive strokes—freestyle, backstroke, breaststroke, and butterfly—along with essential racing skills such as flip turns, open turns, streamlines, and explosive starts. With a focus on both skill development and a love for the sport, the Carson Junior League lays the foundation for long-term success in competitive swimming.

| Primary Focus                                                                     |                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>Guppies is the entry level of the program. Guppies builds core swim skills including: breath control, floating, kicking, gliding, arm strokes, and front crawl with breathing. It also introduces "Ready Position" push-offs, streamline and #11 body positions, and lane etiquette (circle swimming). Guppy level athletes will do in-water starts for our League (Twilight) Meets.</b> |
| Skills Taught:                                                                    | Advanced                                                                                                                                                                                                                                                                                                                                                                                    |
| Enter & Exit Water                                                                | Safe “three point” entry; Ability to independently exit pool in deep water without assistance                                                                                                                                                                                                                                                                                               |
| Face in water; breath; bubbles; Head-body submersion                              | Ten full bobs w/ mouth exhaling under water; 10 full bobs with nose exhaling under water                                                                                                                                                                                                                                                                                                    |
| Independent Floats                                                                | 20-30 sec. front / back floats                                                                                                                                                                                                                                                                                                                                                              |
| Lane Traffic Introduction                                                         | Master in-lane circle concept with glides, kicks and strokes                                                                                                                                                                                                                                                                                                                                |
| Flutter Kicking                                                                   | Flutter kicks 12.5 yards face in                                                                                                                                                                                                                                                                                                                                                            |
| Streamline + GLIDING Intro.                                                       | Master drop-arm reach-push glides in position #11 w/ streamline                                                                                                                                                                                                                                                                                                                             |
| Primary Focus                                                                     | Advanced                                                                                                                                                                                                                                                                                                                                                                                    |
| Push Off Wall and Glide then Adding Kick ( <u>FRONT</u> )                         | 15 ft streamline glide followed by~ 25 ft streamline kick (to 12.5 mark)                                                                                                                                                                                                                                                                                                                    |
| Push Off Wall and Glide then Adding Kick, ( <u>BACK</u> )                         | Push off on back w/ position #11 and glide 11-15 feet, then kick on back in position #11 (to 12.5 mark)                                                                                                                                                                                                                                                                                     |
| Streamline Glide -Kick with Crawl Armstrokes ( <u>Front</u> )                     | Push, streamline glide to 15 ft, add kick and 4 “almost” catch-up strokes (to 12.5 mark)                                                                                                                                                                                                                                                                                                    |
| #11 Push Off, Glide-Kick with Backstroke Arms ( <u>Back</u> )                     | Push off, glide, kick, swim backstroke 12.5 yards, uses flags and stroke count to finish on back                                                                                                                                                                                                                                                                                            |
| Streamline Glide -Kick w/ Crawl Armstrokes and Side Breathing - ( <u>Front</u> )  | Push, streamline glide to 15 ft, add kick and 4 “almost” catch-up strokes, breath on 1st and 3rd arm pulls (to 12.5 mark)                                                                                                                                                                                                                                                                   |
| Jump into Deep Water, Ascend to Surface, Kick, Swim                               | Jumps in with tight body position, ascends and surfaces in streamline, swims 25 yards with side breathing                                                                                                                                                                                                                                                                                   |
| Full 25 yard swims with techniques                                                | Swims 25y Crawl, Backstroke                                                                                                                                                                                                                                                                                                                                                                 |
| Additional Skills for Success!                                                    |                                                                                                                                                                                                                                                                                                                                                                                             |
| Be a Team Player!                                                                 | <b>Someone who supports and encourages team mates while maintaining a positive attitude!</b><br><b>Pays attention, asks questions, and follows direction. Open and Respectful.</b><br><b>Parents... Please get your kids to swim 5 minutes early and ready to go! They can't do it without YOU!</b>                                                                                         |
| Listening is Key!                                                                 |                                                                                                                                                                                                                                                                                                                                                                                             |
| Attendance is Crucial!                                                            |                                                                                                                                                                                                                                                                                                                                                                                             |

# Mini-Sharks

## Carson Tigersharks League Swim Curriculum

The Carson Junior League swim team is a dynamic and supportive program designed specifically for young swimmers—typically ages 10 and under—who are ready to take the next step from swim lessons and into the world of competitive swimming. This program serves as a bridge, helping swimmers build confidence and competence as they transition into more structured training. Emphasis is placed on developing legal and efficient technique in all four competitive strokes—freestyle, backstroke, breaststroke, and butterfly—along with essential racing skills such as flip turns, open turns, streamlines, and explosive starts. With a focus on both skill development and a love for the sport, the Carson Junior League lays the foundation for long-term success in competitive swimming.

| Primary Focus                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Our intermediate League level, Mini-Sharks level further focuses on refining front crawl and backstroke technique, including freestyle with side breathing and full 25-yard swims. Swimmers are introduced to dolphin and breaststroke kicks, butterfly arm movements, and begin basic dive progressions such as sitting and kneeling dives which may be used in our League (Twilight) Meets..</b></p> |
| Skills to be advanced:                                                            | Advanced                                                                                                                                                                                                                                                                                                                                                                                                     |
| Entry & Exit Skills and Safety                                                    | Performs sitting dive and strong launch kneeling dive                                                                                                                                                                                                                                                                                                                                                        |
| Underwater glides, kicks                                                          | Holds breath 10-20 sec., full body stays under 5-10 yds                                                                                                                                                                                                                                                                                                                                                      |
| Lane Traffic and Send Offs                                                        | Understands circle swim, consistently stays on correct side of lane w/ spatial awareness                                                                                                                                                                                                                                                                                                                     |
| Flutter Kicking                                                                   | 25 yd flutter kick in 30 sec. or less                                                                                                                                                                                                                                                                                                                                                                        |
| Front Crawl                                                                       | Consistently swims front crawl w/ <u>excellent</u> side breathing 25 yd w/ ability to breathe 25 (Left), 25 (Right)                                                                                                                                                                                                                                                                                          |
| Backstroke                                                                        | Consistently swims backstroke 25 yd with excellent body position, kicking, timing and successful use of flags for finish                                                                                                                                                                                                                                                                                     |
| New Skills Focus                                                                  | Advanced                                                                                                                                                                                                                                                                                                                                                                                                     |
| Treading Water                                                                    | Ability to tread 30+ sec. while sculling using arms/hands, “egg-beater” kick with legs                                                                                                                                                                                                                                                                                                                       |
| Sculling                                                                          | Perform and feel “figure 8” forward sculling motion in deep water on breast and on back (15+ yds)                                                                                                                                                                                                                                                                                                            |
| Dolphin Kick                                                                      | Legal “arms down” Dolphin kick 15 yds on surface (multiple breaths OK)                                                                                                                                                                                                                                                                                                                                       |
| Breaststroke Kick                                                                 | Perform up-out/around-squeeze leg motions, 15 -25 yds on surface w/board (w/ flexed ankle/toes pointed outward)                                                                                                                                                                                                                                                                                              |
| Additional Skills for Success!                                                    |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Be a Team Player!                                                                 | <p><b>Someone who supports and encourages team mates while maintaining a positive attitude!</b></p> <p><b>Pays attention, asks questions, and follows direction. Open and Respectful.</b></p> <p><b>Parents... Please get your kids to swim 5 minutes early and ready to go! They can't do it without YOU!</b></p>                                                                                           |
| Listening is Key!                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Attendance is Crucial!                                                            |                                                                                                                                                                                                                                                                                                                                                                                                              |

## Pre-Team Sharks

### Carson Tigersharks League Swim Curriculum

The Carson Junior League swim team is a dynamic and supportive program designed specifically for young swimmers—typically ages 10 and under—who are ready to take the next step from swim lessons and into the world of competitive swimming. This program serves as a bridge, helping swimmers build confidence and competence as they transition into more structured training. Emphasis is placed on developing legal and efficient technique in all four competitive strokes—freestyle, backstroke, breaststroke, and butterfly—along with essential racing skills such as flip turns, open turns, streamlines, and explosive starts. With a focus on both skill development and a love for the sport, the Carson Junior League lays the foundation for long-term success in competitive swimming.

| Primary Focus                                                                     |                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Our most advanced League level, Pre-Team level emphasizes building endurance and further refining front and back crawl, developing legal breaststroke and butterfly technique, and mastering competitive flip and open turns. Swimmers build endurance with 50–100 yard swims, complete legal 100 IMs, practice interval-based sets, and continue to improve race dive proficiency. |
| Skills to be advanced:                                                            | Advanced                                                                                                                                                                                                                                                                                                                                                                            |
| Breath Control                                                                    | Hold breath 10-20 sec., while pushing off + stays under 12.5+ yds of streamline kicking                                                                                                                                                                                                                                                                                             |
| Lane Traffic, Send Offs and Intervals                                             | Circle pattern and consistently stays on correct side of lane w/ clock awareness of simple intervals and leaving 5 sec. after                                                                                                                                                                                                                                                       |
| Competitive Starts                                                                | Perform five steps of forward start AND learn backstroke starts. Understands meet “whistles” for both forward and backstroke races                                                                                                                                                                                                                                                  |
| Advanced Freestyle                                                                | Freestyle w/ <u>excellent</u> -quick side breaths (either side). Swim 200 yd w/o stroke deteriorating or stopping                                                                                                                                                                                                                                                                   |
| Advanced Backstroke                                                               | Swim backstroke 150 yd w/o stroke deteriorating or stopping w/ legal flip turns                                                                                                                                                                                                                                                                                                     |
| New Skills Focus                                                                  | Advanced                                                                                                                                                                                                                                                                                                                                                                            |
| Breaststroke                                                                      | Breaststroke Pull and advancement to full breaststroke w/ timing of pull, breath, kick, glide, using legal turns and pull-downs                                                                                                                                                                                                                                                     |
| Butterfly                                                                         | Butterfly pull, breaths, and advancement to full fly and timing w/ legal turns                                                                                                                                                                                                                                                                                                      |
| Flip Turns                                                                        | Forward flip turns at full speed                                                                                                                                                                                                                                                                                                                                                    |
| IM Turns                                                                          | Executes three IM stroke transition turns at full speed                                                                                                                                                                                                                                                                                                                             |
| Endurance and Intervals                                                           | Thoroughly grasps clock-interval swimming with 50's and can swim 500 yards using flip turns - no stopping                                                                                                                                                                                                                                                                           |

| Additional Skills for Success! |                                                                                                                                                                                                                                                                                       |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Be a Team Player!              | Someone who supports and encourages team mates while maintaining a positive attitude!<br>Pays attention, asks questions, and follows direction. Open and Respectful.<br><b>Parents... Please get your kids to swim 5 minutes early and ready to go! They can't do it without YOU!</b> |
| Listening is Key!              |                                                                                                                                                                                                                                                                                       |
| Attendance is Crucial!         |                                                                                                                                                                                                                                                                                       |