

# Age Group I and II

## *Invest in the Swimmer's Investment*

*This group is where bad habits are fixed and strong competitive swimmer's are made*

Monday through Thursday 4-5pm or 5-6pm

1-3 years Swim Team experience

Completed the Tadpoles OR try out with Coach

3-4 legal strokes

Age Groups I and II will work on:

- Progressing to achieve 4 legal strokes
- Have correct rhythm and undulation in butterfly
- Flip turns and dolphin kicks are consistent part of stroke
- Bi-lateral breathing every 3+ strokes
- Avoid kicking and pulling at the same time in BR
- Aware of body depth on starts and turns
- Able to count their own distances for sets
- BR pullout turn
- IM with correct turns

Markers to move past Age Group II:

- 200 FS on 3:30
- 600 yard set: 50 FS @ 1:00, 50 BK @ 1:10, 50 BR @ 1:30, 50 FL @ 1:30, 100 IM @ 2:30
- Strong turns that are legal
- Correct send off without coach assistance
- Knowledge of IM and IMO
- Legal FL kicks off every wall

*These guidelines are general descriptions only. The coaching staff will make all final decisions regarding group placements. Placement decisions are made in the best interest of the individual swimmer and his/her long-term development.*