

# Tadpoles

## *Invest in the Swimmer's Investment*

*This group dictates the success of our programs' future*

Tuesday and Thursday 4-5pm or 5-6pm

0-1 years Swim Team Experience

Completed Swim Lessons

2-3 Legal Strokes

Mini Group will work on:

- Balance
- Rolling with hips and shoulders in the water
- Flip turns
- Alternate bilateral breathing
- Kicking w/ Pointed toes
- Streamlining for 2 body lengths from the wall
- Breakout as Push, kick, break, stroke
- Using correct terminology
- Dolphin Dives and Body Rolls
- Using the clock for correct send offs
- Circle Swimming appropriately

Markers to move past Mini Group\*:

- 3-4 legal strokes
- Able to swim a broken 300 in 50s on 1:30
- Strong streamline ability
- Correct use of clock, circle swimming, and terminology

- Begin legal butterfly kicks off the wall
- Flipturns

*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.*