

STROKE IMPROVEMENT & CONDITIONING GROUP	
Prerequisites	<p>Age: Group 1: 12 – 14 yrs, or coach discretion. Group 2: 14 + years, or coach discretion.</p> <p>Promoted by coach based on move up criteria, or placement by coach assessment:</p> <ul style="list-style-type: none"> Ability to swim all 4 strokes, minimum 100m of each stroke without stopping
Season	September through June.
Progression Opportunities	<u>Silver Group</u> (12 – 15 yrs. + 200 IM time standard).
Program Information	<ul style="list-style-type: none"> 3 Workouts a Week: Three hours of swimming per week (2 hours mid-November through mid-December) Meets: participate in up to 3 LMR meets and 3 Pass Meets.
Swimmer Commitments	<ol style="list-style-type: none"> Attend as many workouts as possible. Attend PASS meets that your group is scheduled for. Familiarize yourself with and follow the Club Code of Conduct. Attend as many social events as possible.
Swimmer Goals	<ol style="list-style-type: none"> Swimming for Stroke improvement and fitness. Compete in High School swimming. Work on swimming and listening skills. Have fun and make friends!
Parent Commitments	<ol style="list-style-type: none"> Arrange to have your swimmer attend as many practices as possible ON TIME, and all meets on the group's seasonal schedule, as well as social events, and let your swimmer's coach know by email in advance if your swimmer will be absent. Stay informed by reading the website and newsletters, reading and responding to emails, and communicating with your swimmers' coach by email or scheduled meeting. Familiarize yourself with the Club Manual and follow protocols set out. Meet or exceed fundraising goals. Keep credit card on file updated and pay fees on time.
Equipment	<p>Required: CDSC t-shirt & cap (worn at every practice), CDSC kickboard, fins, goggles, swimsuit, CDSC backpack, and mesh bag.</p> <p>Recommended: CDSC Parka or hoodie.</p>