



Team Pride – Integrity – Dedication - Leadership

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### **Junior Group – Development Stream**

The SWAT Junior Group is the first stage of our Development Stream, which is the “Learn to Train” stage of our team. Geared toward young intermediate swimmers, they will build on the fundamentals learned from the Discovery Stream. Swimmers should have a new level of commitment to the sport, which will help take their swimming to the next level. This practice group is structured to teach swimmers the basic skills of how competitive swimmers need to learn to train to achieve their goals. Swimmers build “Team Pride” and are introduced to the second team value “Integrity”, where the focus is to promote accountability, respect, and honest and transparent behaviors on a daily basis.

#### Quick Facts

Target Age: 11 – 13 years old

Commitment: 6x per week (both pool and land training)

SWAT Values: Integrity, Team Pride

SWAT Theme: Learn Training Skills, Identify as a Competitive Swimmer

Pre-Assessment: Graduation from Swim NS Nova Tech Aqua Kids Program.

Swim Meets: This group attends Age Group Meets