



Team Pride – Integrity – Dedication - Leadership

Novice Group – Discovery Stream

The SWAT Novice Group is the second stage of our Discovery Stream, which is the intro to competitive swimming on our team. Geared toward beginner to intermediate swimmers they will continue to experience the FUN and enjoyment competitive swimming offers while also being introduced to more of a “training atmosphere”. This practice group is structured to increase swimmer competency across all four competitive strokes and solidify competitive skills and race rules. Swimmers continue to build on our first team value “Team Pride”, where the focus is on creating a community of support for achievements at all levels of our sport both individually and as a team.

Quick Facts

Target Age: 12&U Swimmers

Commitment: 4x per week (4h pool time, 1h dryland, 4x20min land activations)

SWAT Value: Team Pride

SWAT Theme: Strengthen Skills, Fundamentals.

Pre-Assessment: Basic knowledge of 3 out of 4 competitive strokes (Freestyle, Backstroke, Breaststroke, Butterfly), or completion of Swim Kids Level 8.

Swim Meets: This group attends Nova Tech &/or Age Group Meets.